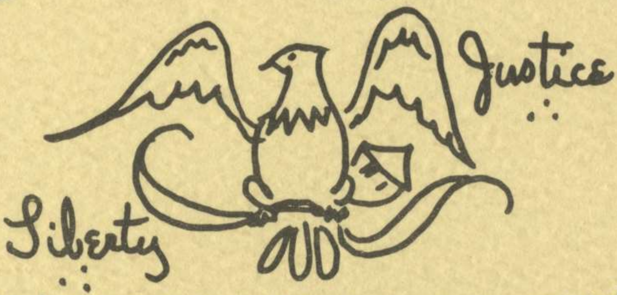
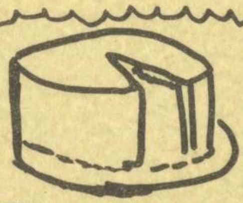
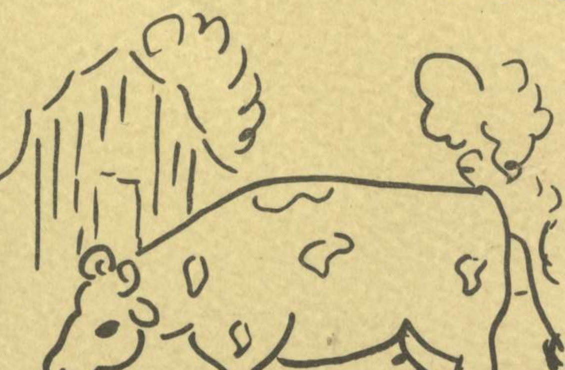
Receipts of Yesteryear

1776 ★ 1976


Liberty
Justice



When Love's in the kitchen - the whole of the cottage is blest!



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Help me to see, Lord, that Peace and Happiness are homemade.

This cookbook was compiled by the Forsyth County Extension Homemakers. We sincerely appreciate the help of the Extension Agents and their staff for many hours of work to make this book possible. Grateful acknowledgement is also made to Beth Tartan, Winston-Salem Journal Foods Editor, for reviewing these recipes.

NC Cookbooks
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The recipes in this book represent many years of good eating as they have been passed from mother to daughter through the generations. Most recipes have been typed as they were submitted but some have been slightly revised due to research indicating a better way. For example processing times have been added to all pickles relishes jams, butters, and preserves since it has been proven that a more satisfactory and safe product will be the result.

Some recipes have no instructions included. Long ago when recipes were shared, only ingredients were given, since it was assumed that all good cooks knew the basic skills of food preparation.

Our heritage is one of which we can all be proud. Many family decisions were made and much of our spiritual growth was formed around the dinner table. Mealtime was a special time because of the hard labor that took place before each meal and good "vittles" were essential.

Let us stop at this point in history and glean the best from both worlds, the past and the present to make us better homemaker's in the future.

Foods and Nutrition Committee:

Mrs. Eva Rice, Chairman
Mrs. Marie Charles
Mrs. Carmel Livengood
Mrs. Violet Church

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HISTORY OF HOME ECONOMICS EXTENSION WORK IN FORSYTH COUNTY

The Home Economics Extension movement began in Forsyth County around 1910. Like many other counties, the beginnings were among the girls with their Tomato or Canning Clubs. These girls produced a small plot of tomatoes from seed, the "Stone" variety being the most popular because it was small and easily fitted into the can. Home Economics teachers, or Domestic Science, as it was called in those days, were sent into the community schools to assist the girls in their canning efforts. These teachers also supplied instruction in the arts of cooking and sewing, conducting their classes once a month.

As interest grew among the girls, their mothers also became interested in learning more and better ways of improving their homemaking knowledge. By 1917 Forsyth County had hired its first Home Demonstration Agent. Miss Rachel Speas not only worked with the girls but began organizing Agricultural Clubs among the women in many communities. These, too, usually were centered in the schools rather than the homes, and although the greatest emphasis was on canning and food preparation, the scope of activity included poultry and Fair Exhibits.

In 1921 Miss Alice McQueen began her ten-year period of service, and under her leadership the work grew rapidly.

A Home Demonstration County Council was organized as early as 1922 with Mrs. Charles Ebert as President. There were nine clubs with 212 members. There were, also, four 4-H clubs with 78 members which grew from the girls canning clubs and the boys corn clubs.

In 1921 Miss McQueen retired and was replaced by Mrs. Elizabeth Tuttle, who remained on the job until her death in 1960. The work grew by leaps and bounds, and it was largely due to her efforts that homemaker work began to lose its rural image and develop other interests.

Work was begun with black people by 1935 when a Home Improvement Contest was conducted. The first black agent, Mrs. Lottie Hairston, was hired in 1945 and served until her death in 1968.

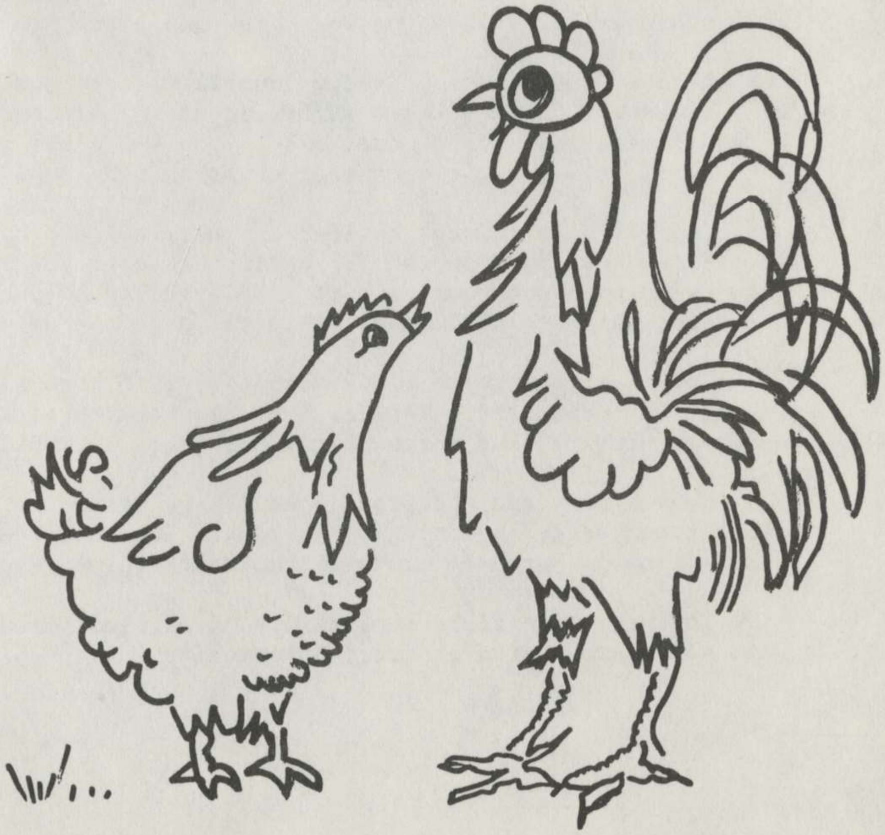
Many agents and assistant agents have served in Forsyth County since these early beginnings. There are presently 43 Extension Homemaker Clubs in Forsyth County with a membership of approximately 900.

Through these clubs many skills of earlier homemakers have been kept alive and shared at every opportunity.

Meat

dumplings – noodles

stews



TO MAKE SAUSAGE

20 pds. home-dressed lean pork meat
10 pounds clear fat pork
2 tsp. sugar
1 tsp. ginger
½ pd. fine salt (best quality)
2 tbsp. pepper
1 tbsp. sage (optional)

Cut meat into small pieces and add the seasonings. Put through a sausage cutter, grinding twice. Pack into sterilized jars and keep in a cool place. Use as wanted. If you want to keep sausage for a longer period of time, shape sausage meat into cakes and pre-cook in oven until when cut into, red color at center of cakes is almost gone. Pack cakes hot into sterilized jars leaving 1 inch headspace. Add water to the meat juice and use in filling jars, leaving 1 inch headspace. Adjust lids. Process at 10 pounds of pressure. Pints for 75 minutes. Quarts for 90 minutes.

This recipe was taken from: "Fine Old Recipes"

Marie Charles, Broadbay

CHIPPED BEEF GRAVY

Chip dried beef very thin. Melt two tablespoonsful of lard or use meat drippings. Dredge in two tablespoonsful of flour until it makes a paste and starts to brown in the skillet. Add 2 cups of milk and beef and let simmer until thickened. Salt and pepper to taste.

(We really did not have a recipe for this because it was a standard breakfast fare at our house when I was growing up).

Eva Rice, Broadbay

TO DRY BEEF

20 pounds of good fresh-killed beef (the rounds)
1 pt. of fine salt
1 tsp. salt peter
1/4 pd. of brown sugar

Mix the last three ingredients well rubbing out all the lumps. Divide the mixture in 3 equal portions. Place meat in a large bowl and rub thoroughly with one portion of the above mixture. Let stand 1 day. Follow same procedure on second and third days. Turn meat several times a day. Allow meat to remain in bowl for 7 more days, then hang in a warm place until meat stops dripping. When dripping has stopped, hang in a cool shed about six weeks to dry thoroughly. Wrap meat in clean muslin bags and keep in cool place. If in six months meat becomes too hard, soak it in cold water for 24 hours and wipe dry. Wrap again in muslin bags and hang in a cool place.

Marie Charles, Broadbay

TO CURE HAMS

100 pounds of ham
(from corn-fed hogs)
3 ounces salt peter
1 pint fine salt
(best quality)
1/2 pound brown sugar

Mix thoroughly the last three ingredients and rub over the hams and let stand 24 hours. Then rub the meat with:

2 pints fine salt
1/8 pound of black pepper

Let stand for 5 days and then rub meat again with fine salt. Set aside for 30 days. At the end of 30 days, hang the meat up and brush off the salt. Have hams smoked at a good smoke house, smoking them for 10 days with wood. When finished, rub entire ham with red pepper, wrap carefully in brown paper and then in muslin bags and hang up with the hock down. Hams prepared in this manner will keep indefinitely, and flavor and quality improve with time.

This recipe was taken from: "Fine Old Recipes"

Marie Charles, Broadbay

SCRAPPLE

Separate one hog's head into halves. Take out the eyes and brains. Scrape and thoroughly clean the head. Put into a large kettle and cover with 4 or 5 quarts of cold water. Simmer gently for 2 or 3 hours, or until the meat falls from the bones. Skim off grease carefully from the surface; remove meat, chop fine and return to the liquor. Season with salt and pepper to taste and 1 teaspoon of powdered sage. Sift in granulated yellow corn meal, stirring constantly, until the mixture is thickened to the consistency of soft mush. Cook slowly for 1 hour, watching carefully as it scorches easily. When sufficiently cooked, pour into greased oblong tins and store in a cool place until ready to use. Cut in thin slices and fry in hot fat until crisp and brown.

Marie Charles, Broadbay

PICKLED PIGS FEET

4 pigs feet
3 cups vinegar
1 onion
12 whole peppers
6 whole cloves
1 bay leaf
1 tbsp. salt

Split the pigs feet, scrub thoroughly and cover with cold water. Add the vinegar and bring to the boiling point. Skim off the top. Add seasonings and boil slowly for 2 hours. Cool in liquid and serve cold.

Marie Charles, Broadbay

PICKLING BRINE FOR CORNED BEEF

- 2 cups coarse salt
- 4 qts. water
- 1 tsp. salt peter
- ½ c. sugar
- 1 tbsp. mixed whole spices
- 1 tsp. paprika
- 15 bay leaves
- 4 to 5 cloves garlic

Dissolve salt in water. Combine with remaining ingredients except garlic and boil 5 minutes. Let cool. Place beef in a stoneware crock. Add 4 to 5 cloves of sliced garlic and pour over the beef. Cover with a large heavy plate and weight it down with a tightly sealed jar, filled with water to keep the meat well under the solution. Keep in a cool place, turning once a week. Leave in brine 3 weeks. This amount will pickle 10 lbs. of beef or tongue.

Eva Rice, Broadbay

BRUNSWICK STEW

- 1 chicken (four pounds)
- 4 med.-sized potatoes
- 1 pt. of grated corn
- 1/2 pound of lean ham
- 1 tbsp. of chopped parsley
- salt, cayenne and black pepper to taste
- 1 qt. of tomatoes
- 1 pt. of very tender lima beans
- 1 large onion
- 1/4 lb. butter
- 3 qts. of boiling water

Draw, singe and cut up the chicken as for a fricassee. Put it in a large saucepan with the boiling water, the onion sliced and ham cut into dice. Cover the saucepan and simmer gently for one and a half hours. Then add the salt, tomatoes peeled and sliced, the potatoes pared and cut into quarters, the corn, beans, parsley, cayenne and black pepper. Cover again and simmer one hour longer; then add the butter cut into bits and rolled in flour; stir five minutes over the fire, and serve.

Great care must be taken or the stew will scorch. Keep it over a very moderate fire, and stir frequently from the bottom of the pan.

This recipe was taken from: "Mrs. Rorer's Cook Book"

Mrs. T. J. Robertson, Old Town

BRUNSWICK STEW

Take 1 chicken or 2 squirrels, cut up and put over fire, with 1/2 gallon water. Let stew until bones can be removed, add 1/2 doz. tomatoes chopped fine, 1 pt. butter beans, corn cut from 1/2 dozen ears, and 4 large Irish potatoes, sliced thin. Season with butter, pepper, and salt, then cook until thick enough to eat with a fork.

FRIED TURTLE

To dress, cover the turtle with boiling water, scrape well and cut the shell loose, cut up, salt, and fry like you would a chicken, unless it is large and tough, if so, stew until tender, then fry.

SCALLOPED BRAINS

Boil brains until tender, add a little vinegar while boiling. Make a white sauce, add 1 egg, parsley and season. Put bread crumbs on top and bake.

From an old cookbook of Jettie Fix's mother.

Jettie Fix, Lewisville I

NOODLES

2 eggs	1 tbsp. butter, melted
1/4 tsp. salt	cool
	Add to eggs

Beat the eggs without separating; stir in flour until no more can be absorbed. Roll thin, place on cloth to dry; turning once or more; make into a roll and cut thin. Drop into two quarts of boiling chicken or beef broth. Let cook 15 to 20 minutes.

Given to me by mother. Adopted into recipe form by me.

Mrs. T. A. Kimball, Sunset Hills

NOODLES

This is an old family recipe.

1 tbsp. water to 1 egg, beaten. Add enough flour to make a stiff dough. Roll very thin and let dry out for 2-3 hours at room temperature. Roll up into a roll as a jelly roll and cut into 1/8 inch strips. Separate into single strips. Drop into boiling chicken broth and cook for 8-10 minutes.

Nelda McElrath, Mt. Tabor

EGG NOODLES

Beat two eggs in medium size bowl. Add two tsp. salt and enough flour to make a stiff dough. Roll out very thin using plenty of flour on both sides. Let dry out for an hour or so. Roll sheet into a small tight roll still using flour to keep from sticking. Slice across, roll to make noodles of desired thickness. Unroll each slice at once and leave to dry a little more. Cook in a chicken broth for about 30 minutes or until tender. May be dried in barely warm oven for future use.

Marie Charles, Broadbay

MY MOTHERS CHICKEN DRESSING

3 cups bread crumbs	Butter and seasonings to taste
3 raw eggs	Chicken broth

Butter to suit one's taste, a dash of salt. Pepper to flavor, a little seasoning, such as sausage, or poultry seasing, as desired, enough chicken broth to soften.

Myra L. Blaylock, College Park

CHICKEN DUMPLINS

3 cups flour	1 tsp. baking powder
1 tbsp. lard	

Cook chicken, remove from broth. Add enough hot water to flour mixture to make soft dough. Mix well and roll thin; cut in strips. Drop in boiling chicken broth. Boil for 15 minutes. Serve in dish with chicken.

My mother's recipe -- Mrs. T. A. Kimball, Sunset Hills

CHICKEN DUMPLINGS

2 cups flour	1/4 cup milk
1 tsp. salt	1 tsp. baking powder
1/2 cup liquid	1/4 cup shortening
use 1/4 cup chicken broth	

Combine dry ingredients. Cut in shortening. Mix with liquid. Roll paper thin, cut in strips and break in short pieces. Drop into stew. Cover, cook 15 minutes.

This recipe is over 100 years old and is Mrs. D. C. Slate's recipe.

Mrs. T. P. Hand, Hickory Ridge

COUNTRY STYLE CHICKEN

1 large fryer, 3 lb. or more	salt and pepper to taste
Cut into serving pieces	

Roll chicken in flour seasoned with salt and pepper. Brown in large frying pan. When brown, remove chicken and make a thin gravy. Put chicken back in pan with gravy and simmer for about one hour.

This was my mother's (Mrs. Gus Pettit) favorite way to cook chicken and she served it with rice.

Mrs. E. C. Reavis, West Forsyth

BEEF CROQUETTE'S

Mince fine, cold roast beef, add one-half as much mashed Irish potato, season with pepper and salt, shape and fry. Parsley or celery seed may be added, if liked.

CHEESE CROQUETTES

Make a sauce of three level tablespoons of butter, one-third of a cup of flour, two-thirds of a cup of milk. Add yolks of two eggs, one-half cup grated Parmesan Cheese, and one cup of any desired cheese broken in bits. Season with salt and cayenne. When cold, shape, dip in egg and bread crumbs and fry in deep fat.

CHICKEN CROQUETTES

About one-fourth as much fine bread crumbs as meat, one egg, beaten well, to each cup of meat. Moisten with gravy and season to taste with salt, pepper, and chopped parsley. Make into shapes, roll in cracker, dust and fry in half lard and half butter

SALMON CROQUETTES

Take the bones and oil from one can of salmon. Boil three good size Irish potatoes. Mash them thoroughly and season with butter, salt and pepper. Add the salmon to this and mix well. Dip in raw eggs and cracker, dust as you roll the croquettes into shape and fry in hot lard.

Mrs. H. L. Nunn, Pine Grove

MOTHERS OLD FASHIONED SUPPER

1 ham bone
1 pound pinto beans
salt to taste
1 quart water

Wash and look beans. Put in iron pot. Hang over fire in fire place. Cook 3 or 4 hours until done. Add water, if needed.

BEEF STEAK AND KIDNEY PIE

As British as Big Ben - a typical English dish which has won popularity in Canada and around the world.

1 small beef kidney
1 pound round steak
1 onion sliced
3 cups hot water
1 tsp. salt
1/4 tsp. pepper
1 bay leaf (optional)
3 tbsp. flour
1/3 cup cold water
Plain pastry to tea biscuit dough

Soak kidney in lukewarm water (4 cups of water to 1 tbsp. salt) for 3/4 of an hour. Drain and remove skin and tubes. Cut in small pieces 1 inch square and cut the round steak about the same size. Roll in flour and brown in hot dripping. Add onion when meat is partially browned and stir until onion is golden colored. Pour hot water over meat and onions and add salt and pepper. Cook slowly over low heat until steak is tender. Thicken with flour blended with cold water and add extra seasoning, if necessary. Pour into a casserole and top with rolled out pastry or biscuit dough. Cut slits in top for steam to escape and bake in a preheated oven of 425 degrees for 30 to 35 minutes.

NOTE: If bay leaf is used, add it with the boiling water before cooking and allow it to simmer slowly with the steak and kidney mixture then remove it before thickening the juice.

This recipe was taken from: "Internationally Famous Recipes" printed by the Moffats Limited Appliances--Weston Ontario, Canada -- year 1950.

Audrey Davidson, Jonestown

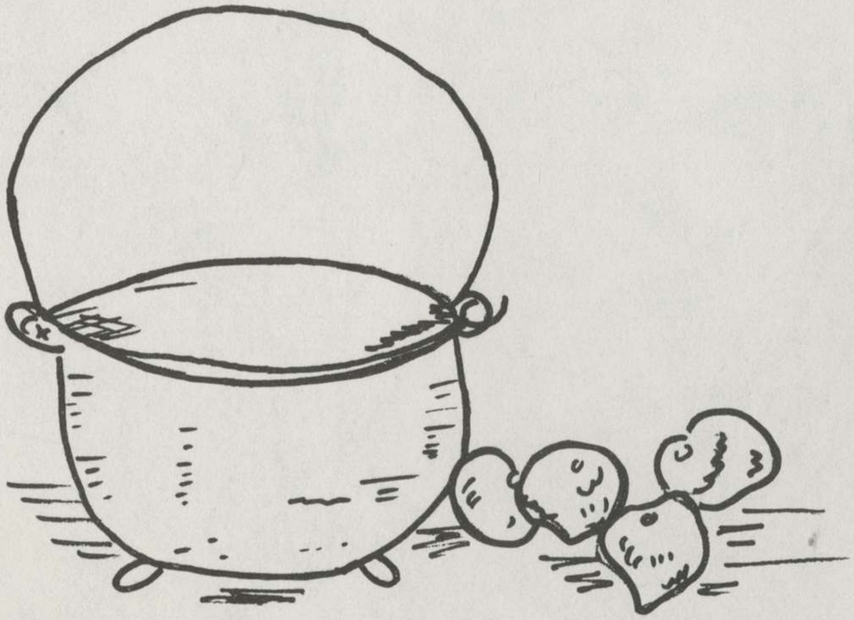
RIVEL SOUP OR REVAL SOUP

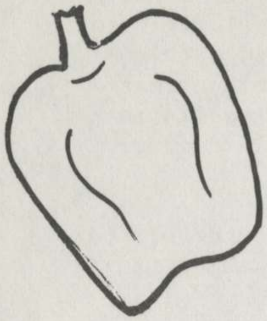
1 cup cooked, diced potatoes in 4 cups of water, chicken or beef broth, boiling. Rivels: 1 egg, 2 cups flour, work lightly with finger tips until rivels are small, and not lumpy. Sprinkle into boiling potatoes or broth, stirring constantly to prevent lumps. Cover, cook 3 minutes or more until done. Serve. Variations: Add, more water for thinner soup, add, before adding rivels. For more nourishment bits of meat, chicken, beef, or pork could be used.

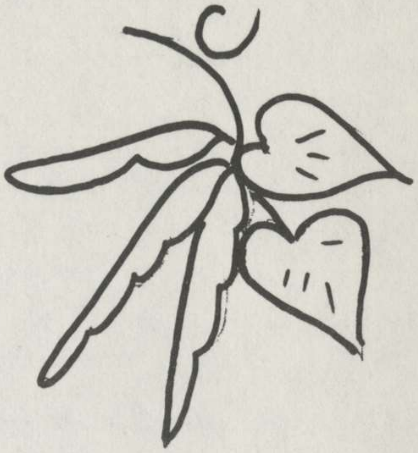
My grandmother made this delicious soup when I visited her in the long, long ago.

My ancestors came to Floyd County, Virginia, from Pennsylvania. I found a recipe somewhat similar in a Pennsylvania Dutch Cook. They used cream corn in their recipe and said "The rivels will look like boiled rice when cooked." 1975

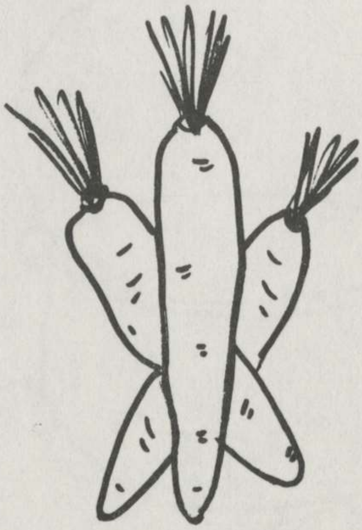
Stella Mae Essex, Clemmons I







Vegetables and Soups



VEGETABLES

All fresh vegetables should be put on to cook in boiling water. Dried vegetables should be soaked before cooking, and also dried fruits. In cooking cabbage, turnips, carrots, parsnips and beets with fresh meats, the meats should be removed and the vegetables cooked in the water in which the meat was cooked, rather than put them in with the meat.

Vegetables should be boiled as rapidly as possible. Never allow to stand after they are done or they will be water-soaked. Good authority says onions should be cooked one hour; green corn ten minutes, peas twenty, and asparagus twenty-five minutes; cabbage one-half hour, carrots and turnips forty-five minutes; cabbage one-half hour, carrots and turnips forty-five minutes when young, and one hour in winter. Lima beans, when young, one-half hour, when old forty-five minutes; beets one hour and longer. It is always well to use your own judgment, as vegetables according to size require more or less time. Potatoes nine times out of ten are served fried for breakfast, mashed for dinner and baked for supper. Why not once in a while have a change. After serving mashed potatoes one day, the second day they may be made into croquettes, puffs, or mashed and browned in the oven, and the baked potatoes might be stuffed or deviled. Potatoes stewed, creamed or fried, give variety. "The North Carolina Cook Book"

GREENS OR "SALAT"

Without "salat" and cornbread many of us would have suffered malnutrition in our early years. There were many kinds such as turnip tops, mustard, kale, collards, "cressies" and "poke."

Most of these greens were cooked in a small amount of water after being "looked" and washed thoroughly. When tender adding some drippings from salt pork to season made for some mighty good eaten.

These recipes were taken from: "The North Carolina Cook Book" They are approximately 100 years old.

Jane Porter, Highland

POKE WEED SALAD

Gather tender shoots of poke when only 3 or 4 inches tall. Wash well. Lay them neatly in heavy cooking pot and add a small amount of water and salt. Cover and steam until tender--about 30 minutes. Lift out carefully and place in serving bowls. Season with melted butter and vinegar, if desired. Garnish with a couple of slices of hard cooked eggs on each bowl.

Marie Charles, Broadbay

BOILED DANDELIONS

Use the first shoots of the dandelions. They are not fit for food after they blossom, as they then become bitter and stringy. Cut off the roots, pick them over carefully, and wash well in several waters; then put them in a saucepan, cover with boiling water, add a teaspoonful of salt, and boil one hour. When done, drain and chop fine; then put them in a frying-pan, add a tablespoonful of butter, salt and pepper to taste; stir until thoroughly heated, and serve with Egg Sauce.

SAUCE

Make a Cream Sauce, and when finished add two hardboiled eggs, the whites chopped very fine and the yolks pressed through a sieve. Serve with boiled poultry.

This recipe was taken from: "Mrs. Rohrer's Cook Book"

Mrs. T. J. Robertson, Old Town

POTATO DUMPLING

6 raw potatoes	2 eggs, well beaten
10 slices bread	1 tsp. minced parsley
1 onion, grated	salt and pepper

Grate the potatoes. Soak bread in cold water and squeeze out as much of the water as possible. Mix together the bread, salt, pepper, grated onion and parsley. Add the grated potatoes and eggs, and mix well. Form into balls, roll in flour gently, drop into boiling salted water, and cook in a covered pot for 15 minutes. Excellent with stewed chicken, beef or sauerkraut.

This recipe was taken from: "Fine Old Recipes"

Marie Charles, Broadbay

SAUERKRAUT

Cut cabbage on cabbage cutter. Place a small amount in quart jar. Stomp down in jar using a wooden spoon handle. Keep adding cabbage and stomp down hard. To each jar, add two tablespoons of plain salt. When jar is full, add enough hot water to fill jar completely. Place on jar rubber and zinc lid--do not tighten, let stand on tray. It will ferment for several days. When it is no longer fermenting, remove lid, add enough cold water to fill jar, and screw lids lightly.

Process in boiling water bath for 30 minutes.

My mother's recipe.

Mrs. T. A. Kimball, Sunset Hills

KRAUT DUMPLINGS

2 cups plain flour
2 tsp. baking powder
1 tsp. salt
1 egg
1 cup milk
2½ cups sauerkraut with juices

Cook kraut with bacon drippings. Mix dry ingredients. Add milk and egg. Beat with spoon. Drop by tablespoons in hot kraut.

Cook 10 minutes covered. After 5 minutes, turn with fork. Serve hot.

Old family recipe.

Mrs. T. A. Kimball, Sunset Hills

KRAUT 'N' RIVELS

2 cups flour
1 egg & 1/4 cup water beaten together
6 tbsps. melted ham drippings
1/2 tsp. salt

Mix these ingredients in a bowl with fingers until little balls are formed.

Meanwhile simmer together:

1 cup sauerkraut
1½ cups juice and water

Add rivels to kraut mixture, continue cooking about 25 minutes, stirring often to keep from sticking.

Mrs. Ricks Sink, Sunset Hills

POTATO CUPS

Select large potatoes, wash and pare, soak in ice water, cut off end of the potato, so that it will rest flat on plate, and with a spoon handle scoop other end of potato with a circular motion until the walls of potato are thin. Soak potatoes again in ice water, wipe dry, and fry in deep fat until a delicate brown, drain on brown paper. Serve on lettuce leaves, and fill each with fresh or canned peas, adding 1 t. mayonnaise to each cup.

Jettie Fix, Lewisville I

DUTCH SLAW

Take cucumbers about one inch in diameter. Peel and slice very thin. To one cup of cucumbers, add a pinch of salt. Let stand one half hour. Drain off water. Take one half cup top rich milk. Add two teaspoons vinegar. Stir until thick. Pour over cucumbers. The slaw is ready to serve.

This is a recipe of several generations of my husband. His great grandmother, Charlotte Beerkhardt of Old Salem, grandmother, his mother, Ida Butner Crater and his sister, Mary Crater Spainhour who has used it more than 45 years.

Mrs. Frank G. Crater, Pine Grove

DUTCH SLAW

1 pound cabbage
1/4 cup water
1/4 tsp. salt
2 tbsp. vinegar or less
1 tsp. flour

Cut cabbage with slaw cutter. Add salt and bruise with hand or spoon. Add water and cook ten minutes.

Mix flour and vinegar 'till smooth. Add to cooked slaw and let come to a boil. Serve hot.

Alta M. Foltz, Griffith

COOKED SLAW

2 lb. cabbage
1 handfull salt (small)
1/2 cup lard
3 level tbsps. flour
3 tbsp. sugar
1 cup hot water
1/3 cup vinegar

Shred and bruise cabbage with salt. Squeeze out the juice. Melt the lard in cooker over fire. Add flour to lard and let all dissolve and cook up. Leave over fire, add water, stir, add cabbage. Mix good. Add sugar and vinegar. Let cook 5 minutes. Serve hot.

Mrs. T. A. Kimball, Sunset Hills

HOMINY WITH WOOD ASHES

Start with strong wood ashes. Put ashes in a wooden container and pour water on them. The water will be lye when it goes through the ashes. Pour the corn in the lye and cook until the husks come loose. Take the corn out of the lye and wash through several waters and it is ready to use. If your lye isn't strong enough, you can add soda that will bring the husks off.

Pena Stewart, Broadbay

HOMINY

Soak corn overnight. Add 3 heaping teaspoons lye to 6 quarts shell corn. Cover with water and cook until hulls come off. Wash in cold water and rub between palms of hands until rest of hulls come off. Put in cold water and bring to a boil. Drain and put in the pressure cooker. Cover with water about 3 inches above corn. Cook for 30 minutes on 15 pounds pressure. Remove and let pressure come down.

Pack corn in jars. Add 1 tsp. salt to each quart jar and 1/2 tsp. to pints and cover with water corn was cooked in, leaving 1 inch headspace. Adjust caps. Process 10 minutes at 10 lb. pressure.

When ready to serve, add two to three tablespoons ground cracklings and simmer on stove for a few minutes.

Pena Stewart, Broadoay

CORN PUDDING

- 2 cups corn, fresh, canned or frozen
- 1/2 tsp. salt
- 2 eggs-beaten
- 1 cup milk
- 2 tbsp. melted butter
- 1 tsp. sugar
- dash of black pepper

Mix all ingredients together, put into a buttered baking dish. Put baking dish into another container with water in bottom. Bake in a 350° oven for 1 hour.

Mrs. T. J. Robertson, Old Town

BAKED TOMATOES

- 1 qt. canned tomatoes
- 2 cups yeast bread crumbs
- 1/2 cup brown sugar
- 4 tbsp.butter

Shake cinnamon to flavor.

Melt 1 tbsp. butter in baking dish to stir in crumbs with tomatoes poured over to slightly mixed; cover over with white sugar.

Sprinkle over top with crumbs, brown sugar, butter and cinnamon. Bake 55 minutes at 325°. Good served hot or cold.

Nelle Marsh Bailey, Vienna

DRIED BEANS
(Navy, lima, pinto, etc.)

Rinse beans, add to 2-1/2 times as much water as beans. Soak overnight. Or, bring to a boil; simmer 2 minutes; let stand 1 hour. Add salt and salt pork and simmer for about 3 hours.

Eva Rice, Broadbay

BEAN CROQUETTES

Boil beans until well done and dry; season with butter, pepper, and salt. Mash fine and make into little cakes; dip in beaten egg and bread crumbs and fry brown. Served with olives and little red peppers it makes a very pretty dish.

This recipe was taken from: "The Twin City Housewife"--published 1916

Mrs. H. L. Nunn, Pine Grove

BOSTON BAKED BEANS

2 c. navy beans
1/3 lb. salt pork
1 med. onion
4 tbsp. molasses
1 tbsp. vinegar
1/2 tsp. black pepper
1 tsp. mustard (dry)
1 pint tomatoes

Soak beans overnight. The next morning cover beans with cold water which has been salted to taste. Add salt pork. Bring to a boil and boil until beans are tender (careful not to get them too tender.)

Drain beans (saving water). Put beans into baking dish. Mix molasses, vinegar, pepper, mustard and chopped onion with 1 cup of water in which the beans were cooked. Pour over beans in bean pan. Add enough of bean water to cover beans, spoon tomatoes over top of beans--bake uncovered for 45 minutes at 325°. (If desired 2 or 3 strips of bacon may be added on top of tomatoes.)

Mrs. Andrews got the Boston Baked Beans from her grandmother Broyhill. The recipe was given to her grandmother when she was first married by a couple from Asheville that was traveling through and stopped and asked to spend the night. Back then no one was ever turned down.

PORK AND BEANS

To every quart of the small white soup beans allow one pound of pickled pork. Soak the beans overnight in cold water. In the mroning wash them well in a colander. Put them on to boil in cold water; at the first boil, drain this waster off and cover them with fresh boiling water. Score the rind of the pork and put it in with the beans; simmer gently until you can blow off the skin of the beans. To do this, take three or four beans in your hand, blow hard on them, and if the skin cracks they are done. When done, every bean should be perfectly whole. Take out the pork and drain. Put the beans into a bean-pot, almost bury the pork in the center of the beans. Add one teaspoonful of salt to one pint of the water in which the beans were boiled, pour this in the pot, sprinkle with pepper. Pour over the top of the beans one large teaspoon of molasses, put on the lid, then bake in a very moderate oven for six or eight hours. If wanted for Sunday morning breakfast, put them in the oven on Saturday night, and let them bake all night. They may be baked in an ordinary iron baking pan, but in that case they should be covered with another pan or carefully watched, and baked only two hours. Bring them to the table in the pan in which they were baked.

This recipe came from: "Mrs. Rorer's Cook Book"--a very old one--could be easily adapted to the crock pot cookery.

Mrs. T. J. Robertson, Old Town

RICE

Charleston was the birthplace of rice in America. The first seed was brought to the province of Carolina about 1685. This rice had been raised in Madagascar, and a ship sailing from that island put into the part of Charles Town when in distress. The captain of the ship, John Thurber, made the acquaintance of Dr. Henry Woodward, one of the leading citizens. He gave Dr. Woodward a small quantity of rice, less than a bushel. This started the rice industry, which flourished for over two centuries. These seeds were cultivated, due to soil and climate, to the highest perfection, and became world famous as Carolina Gold Rice. Some of the following recipes have been in constant use for over a century and a half, passing from generation to generation.

RED RICE

1 can tomato paste
1½-2 cans water
2 onions (chopped fine)
3 teaspoons salt
2-3 teaspoons sugar

4 strips bacon (cubed)
8 tbsps. bacon grease
good dash of pepper
2 cups raw rice

Fry bacon, remove from pan; saute onions in grease; add tomato paste, water, salt, sugar and pepper. Cook uncovered slowly (about 10 minutes) until mixture measures 2 cups, then add it to rice in top section of steamer. Add the 1/2 cup additional grease; steam for 1/2 hour, then add bacon, crumble, and stir with a fork.

Cook 30-45 minutes longer, serves 6-8.

Juanita Medlock, Oldtown

HOPPING JOHN

1 cup raw cow peas
  (dried field peas)
4 cups water
2 tsps. salt

1 cup raw rice
4 slices bacon fried with
1 med. onion, chopped

Boil peas in salted water until tender. Add peas and 1 cup of the pea liquid to rice, bacon with grease and onion. Put in rice steamer or double-boiler and cook one hour or until rice is thoroughly done. Serves 8.

Hopping John, made of cow peas and rice, is eaten in the stateliest of Charleston houses and in the humblest cabins and always on New Year's Day. "Hopping' John eaten then will bring good luck" is an old tradition.

Charleston receipts collected by The Junior League of Charleston, S. C.

Juanita Medlock, Oldtown

WHEAT THRESHING TIME

Before the days of the combine, wheat threshing was one of the big events of farm life. After the wheat had been harvested by the reaper, shocked and hauled into the barn for storage, it awaited the arrival of the wheat thresher. A crew of men came with the machinery and another crew was needed in the barn and also one for stacking the straw once the grain had been removed. This usually amounted to 20 to 25 men and it was up to the ladies of the household to feed these men. A typical menu from my mother's kitchen was:

chicken and dumplings
green beans and corn
cabbage slaw
mashed potato salad*
pickled cucumbers
pickled beets
sliced tomatoes
apple pie
Coconut Butterscotch Pie*
hot homemade rolls
coffee

MASHED POTATO SALAD

Cook potatoes and drain. Add butter, salt and pepper to taste. Cream together. Chop a green pepper, boiled egg and add to potatoes. Make a dressing of 1 egg beaten with 1/4 cup vinegar diluted with 2 tablespoons water. Add this to the potatoes and blend. This is also good put into green pepper halves and served.

Nelda McElrath, Mt. Tabor

SOUP

3 onions
6 potatoes
2 turnips
1/2 lb. butter
4 qts. water
1 tomato
slice all vegetables

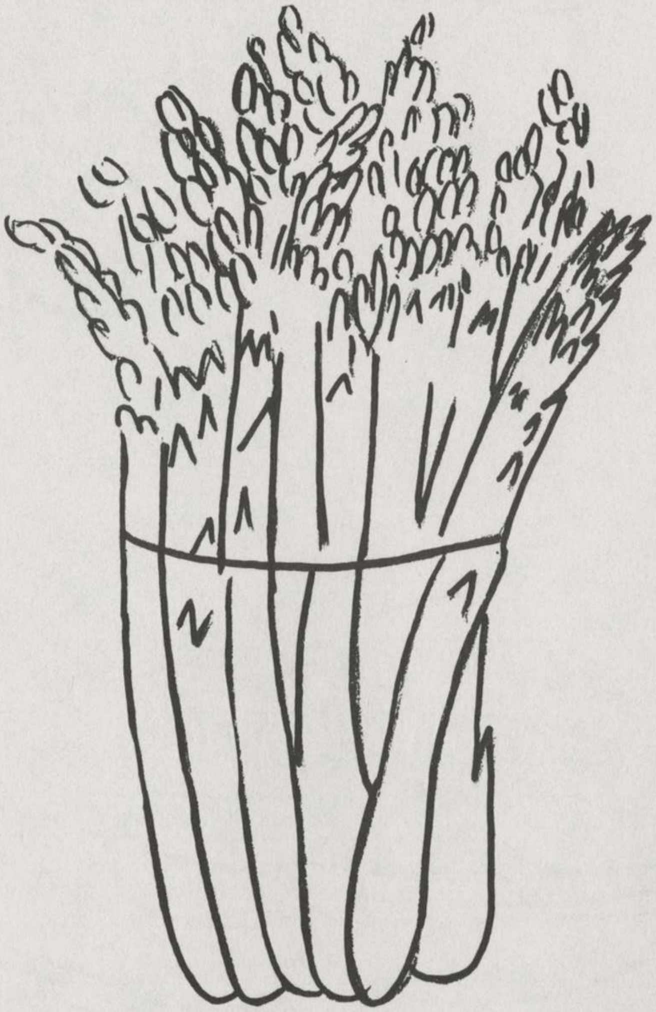
Fry in butter, pour into water which should be boiling, stew slowly for 4 hours.

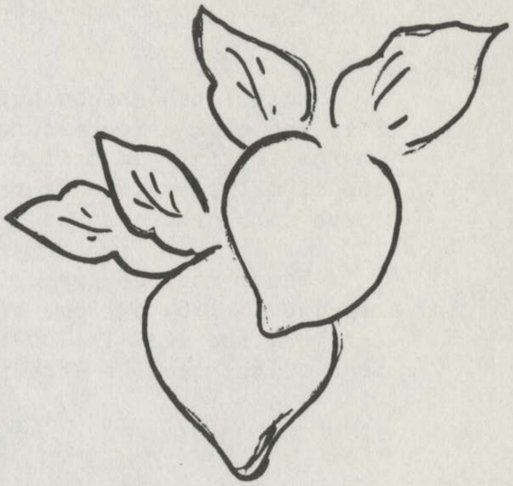
ASPARAGUS CREAM SOUP

Melt 1 tablespoon butter in a saucepan. Add 1 tablespoon flour. Stir and cook a few minutes, then add four cups of water the asparagus was boiled in; and boil 5 minutes. Mix the yolks of 2 eggs with 1/2 cup of milk, and add it to the soup. If needed, add salt to taste. Serve with croutons.

These recipes were given to my husbands mother when she was married in 1904 by some of her relatives in Keyser, W. Va. I never met her, she died in 1909. Had she lived she would be 105 years old. Some of the recipes were from her mother and aunts.

Mrs. Carlos Conrad, Old Town





Salads and Dressings

FRENCH DRESSING

1/3 qt. vegetable oil	1 tsp. salt
1/3 qt. vinegar	3 tbsps. paprika
1 cup sugar	

Mix well and leave in quart jar in ice box.

Mrs. Elsie Ramsey, College Park

THE 4-P SALAD

1 can peas	several small pickles, chopped fine
a bit of pimento pepper	

Serve on lettuce leaf. Cover with mayonnaise dressing. Sprinkle with salted peanuts.

COTTAGE CHEESE SALAD

1 qt. whole milk, clabbered

Heat and drain off whey; cream cheese and salt and paprika to taste; add raisins and nuts.

Serve on crisp lettuce leaves. Serves 4 people.

Jettie Fix, Lewisville I

DRESSING FOR CABBAGE SALAD

Beat two eggs with two tablespoons of sugar, add a piece of butter the size of half egg, a teaspoon of mustard, a little pepper and lastly a teacup of vinegar. Put all ingredients into dish over the fire and cook like a soft custard. Some think it improved by adding half cup of thick sweet cream to this dressing; in that case use less vinegar. Either way is very fine.

Mrs. Frank G. Crater, Pine Grove

MAYONNAISE DRESSING NO. 1

Beat well together the yolk of one egg, one-half teaspoon salt, a pinch of cayenne pepper, and the juice of half a lemon. To this, add one-half pint olive oil, drop by drop at first, afterward it need not be added so slowly. Before beginning see that everything--the bowl, spoon, egg, oil and lemon juice--is very cold.

This recipe was taken from: "The Twin City Housewife"-copyright 1916

Mrs. H. L. Nunn, Pine Grove

MAYONNAISE DRESSING NO. 2

One teaspoon flour of mustard, one teaspoon of powdered sugar, one-half teaspoon of salt, a dash of cayenne pepper, yolks of two raw eggs, one-half pint of olive oil or more if desired to make more dressing, two tablespoons of vinegar, juice of one lemon and one tablespoon of Worcestershire sauce. Mix the first four ingredients in a small bowl, add eggs, stir well with a silver fork of wooden spoon, add the oil, a few drops at a time, stirring in every bit of each installment of oil before adding the next. When the dressing commences to thicken the oil can be added in a little larger quantities. When all the oil has been used, stir in the lemon juice and lastly the vinegar and Worcestershire sauce. The bowl, spoon and eggs, should be placed on ice enough to chill before commencing the dressing, which should not be made in a warm room.

COOKED SALAD DRESSING

One teaspoon salt, one teaspoon mustard, three teaspoons white sugar, two tablespoons vinegar, two tablespoons drawn butter, two tablespoons cream or sweet milk and two eggs, beaten separately. Mix salt, mustard, sugar and yolks well beaten, add slowly the cream, then gradually the vinegar; add very slowly the drawn butter or it will curdle. Set on stove over boiling water, stirring constantly until it almost boils, then add the whites beaten stiff. Set aside to cool and pour over salad when quite cool. This is not enough for a large chicken made into salad.

These recipes were taken from: "The Twin City Housewife"--
1916 Mrs. H. L. Nunn, Pine Grove

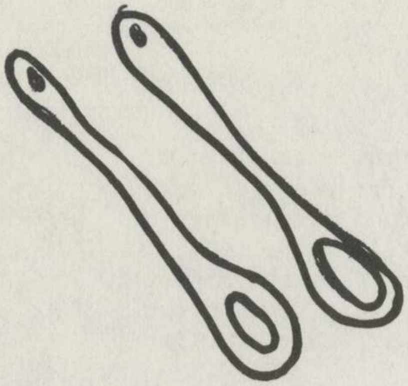
AUNT MAE'S WALDORF APPLE SALAD

1 cup sugar
1/2 cup flour
2 cups cold water
1/4 cup vinegar
(a little more
or less to
your taste)

Stir the above ingredients well. Cook over low heat until thick. Add lump of butter. Beat well. Stir in a little celery seed. Cool. Add a little cream until right to pour over:

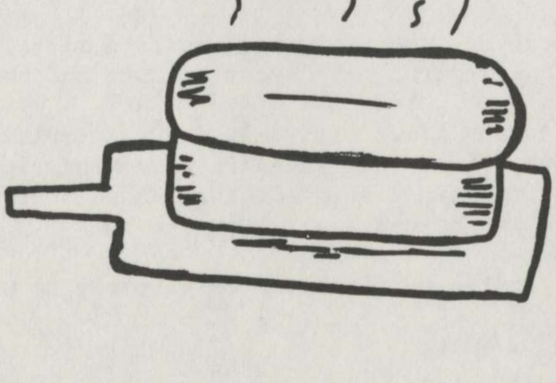
6 apples (peeled) or just scrub dry, then dice--3 red and 3 yellow, use grapes peeled and seeded or sliced bananas--Chopped fine celery, with either combination. Add dressing. Serve on lettuce.

A very old recipe. Stella Mae Essex, Clemmons



Breads

quick and Yeast



YEAST BREAD

There isn't anything more tantalizing than the aroma of fresh baked yeast bread. A home with this fragrance is much more welcome than the smell of any of the room deodorizers on the market. This art is returning to the kitchen of many homes again. This should not be a memory of many but a part of our culture today. A slice of homemade bread, and butter to go with homemade jams and jellies could probably stabilize the American home today.

In the days before the little 3-cent cakes of yeast were available at every corner grocery and drug store, cooks used magic yeast or brewer's yeast to make bread. Magic yeast was a dry cake of yeast about 2 inches square and half an inch thick. Brewer's yeast consisted of little granules.

Prior to those days the custom was for almost everyone to have a hops vine in the back yard.

MAKING YEAST FROM HOPS

Boil 6 Irish potatoes in 2 quarts of water until done. Boil a pinch of hops in 1 quart of water. Mash potatoes and return them to the water in which they were boiled. Strain the hop water into this, adding 1/2 cup each of sugar and salt, and put in a jug.

It was probably this yeast which was used as a "starter." When a neighbor ran out of yeast, the custom was to borrow some starter from her neighbor and she was back in the bread making business without going through the difficulty of making yeast.

LIGHT BREAD

1 pkg. dry granular yeast
3 tbsp. lukewarm water
1 teaspoon sugar
1 teaspoon sugar
1 cup hot unseasoned mash potatoes
1/2 cup potato water
1/2 cup scalded milk
3/4 cup sugar
1/2 cup butter
3 eggs beaten
6 to 7 cups sifted flour
1 tbsp. salt

Dissolve yeast in lukewarm water according to the directions on the package. Add 1 teaspoon sugar.

Mix potatoes, potato water, scalded milk, sugar and butter and cool to lukewarm. Add yeast mixture and eggs.

Sift 4 cups flour with salt. Add to yeast mixture. Turn out on floured board and knead in remaining flour. Add sufficient flour to make a stiff dough. Knead thoroughly - none of that quick mix business.

Store in the refrigerator until ready to use - it will keep a week.

Turn out on floured board and knead down. Fill three greased loaf pans half full. Place in warm spot and allow to double in bulk. Brush tops with melted butter.

Bake 50 minutes or until done in moderate oven, 350 degrees. Makes 3 large loaves.

This recipe was taken from: "North Carolina and Old Salem Cookery"-By Beth Tartan

You can make an excellent Herb bread by adding a teaspoon of the following herbs to your favorite bread recipe, thyme, summer savory, rosemary and a teaspoon of the instant chicken bouillon. This is great for sliced chicken sandwiches or creamed chicken open faced sandwiches.

Eva Rice, Broadbay

SALT RISING BREAD

Ferment:

3 medium potatoes	2 tbsp. cold water
3 tbsp. corn meal (yellow or white)	4 cups boiling water
1 teaspoon salt	1 teaspoon sugar

Dough:

1 cup warm water	2 tablespoons soft lard
1/2 teaspoon soda	1/2 tsp. salt
2 cups warm milk	10 cups flour
4 cups flour	

Peel and slice the potatoes into a medium-sized heavy bowl. Moisten 3 tablespoons corn meal and 1 teaspoon salt with 2 tbsp. cold water. Gradually stir in the 4 cups boiling water, being sure that no hard lumps are formed in the meal mixture. Add the 1 teaspoon sugar and pour the boiling hot mixture over the potatoes. Cover the bowl with a heavy plate or flat lid, but use nothing that will rust. Place the bowl in a dishpan or large kettle with boiling water to come as high as possible on the bowl without making it float. Cover the large container with a tight-fitting lid and let it stand in a warm place overnight. Early in the morning, stir the contents of the bowl. Bubbles should be starting to form on the liquid. Reheat the water around the bowl until it is comfortably warm, never hot. Cover the bowl again until a nice froth of bubbles has formed on top of the liquid. Pour off the liquid into a very large bowl. Rinse the slices of potato with 1 cup warm water. Discard the potatoes. Dissolve 1/2 teaspoon of soda in this 1 cup warm water and add it to the ferment together with 2 cups scalded and cooled milk, and 4 cups flour. Beat vigorously for several minutes. Add 2 tablespoons lard, 1/2 tsp. salt and 8 cups flour, 2 cups at a time, beating well after each addition.

Spread the remaining 2 cups flour on the pastry board. Turn out dough and knead thoroughly for at least 10 minutes, 15 minutes is better still. The dough will have a very crepey and creamy look, not at all like a commercial yeast dough. Do not use more flour than necessary to keep it from sticking for this should not be a stiff dough. Form into loaves and place in well-greased pans, dusted liberally with corn meal. These must be kept uniformly and comfortably warm during the rising period. If the pans are warmer on one side than the other, the loaves will rise unevenly. If the weather is cool, it works well to put cookie sheets over pans of warm water, place the bread pans on the sheets and cover with a barely damp cloth. Reheat the water if it becomes too cool. The loaves will not be rounded when light like yeast breads, but flat across the tops. It will take about twice as long as for yeast bread. Place in oven preheated to 350 degrees for 20 minutes, reduce heat to 325 and continue baking for another 30 minutes. Brush with milk about 5 minutes before the end of the baking period. Yield 5 loaves.

This recipe was taken from: "Favorite Breads from Rose Lane Farm"

Eva Rice, Broadbay

SOURDOUGH

Sourdough not only goes back 200 years but to the earliest dawn of history, some 6,000 years to the Egyptians, and was for countless centuries the only method man had of leavening all manner of breadstuffs. It is said that some 4,000 years BC, an early Egyptian shrewdly found that some flour he had left in the open had become wet and fermented with bubbles in it, and was working lively. We cannot now know just what happened, but he baked it and was first among modern man to raise bread from flat cakes in the ashes to leavened bread from ovens.

Our grandmothers kept a starter (or sourdough) in a jar or stone crock on the back of the stove or a warm spot on the shelf in the pantry where it was readily available for daily baking. Then it was a necessity to keep the starter fed and "alive" as the grocery was a little far to go for a loaf of bread. Today it is a privilege to keep a starter in the refrigerator and use when we are in the mood to really put on the dog for our family.

The following are some recipes all tried and proven to be worthy of praise in our home.

Basic Starter:

3-1/2 cups unsifted strong, bread-type flour (preferably unbleached)
1 tablespoon sugar
1 package dry yeast or 1 oz. of compressed
2 cups warm water

Combine flour, sugar and undissolved yeast in a large bowl. Gradually add warm water to dry ingredients and beat until smooth. Cover with transparent wrap; let stand in warm place for 2 days. Be sure to put in large enough container so it won't work up over the sides. Stir down when it needs it. Store in refrigerator after culture is made.

To replenish starter: Starter should be fed at least once a week. To remaining starter add 1-1/2 cups strong bread-type flour and 1 cup warm water and 1 tablespoon sugar. Beat until smooth. Store covered in warm place until starter begins to bubble up, then put back into the refrigerator. If not used in one week, remove 1-1/2 cups starter and follow directions for replenishing.

WHITE BREAD

2 cups warm water
1 cup starter
1/2 cups sugar
3 cups flour
1/2 tsp. ginger
2 teaspoons warm water
2 tbsp. sugar
1-1/2 tsp. salt
4 tbsp. soft shortening
1/4 cups wheat germ

Combine the first 4 ingredients, beat thoroughly, and let stand in a comfortably warm place, tightly covered, overnight or for several hours until very spongy and light. (If you are in a hurry you can add a package of yeast to this mixture, and it will be ready in about 45 minutes.) When the sponge is ready, add the ginger dissolved in the 2 teaspoons of warm water and all of the other ingredients with the exception of 1 cup of flour. Stir until the dough clears the bowl. Spread the remaining 1 cup flour on the pastry board or cloth, turn out the dough and knead for several minutes, using more flour if necessary to make a smooth elastic dough. Put in a greased bowl, turning once to grease on top side, cover and let rise until double in bulk. Divide into portions, shape as desired, place in greased pans and allow to rise again until double in bulk. Bake in oven preheated to 350 degrees for about 45 minutes. This recipe will make 3 loaves. About 10 minutes before the end of the baking period brush tops of loaves with butter or milk.

SOUR DOUGH BISCUITS

1 cup flour
1 tsp. baking powder
1/4 tsp. salt
1/4 tsp. baking soda
1/3 cup oil
1 cup starter

Mix together, knead several times on floured board. (You do not want a stiff dough.) Pat out and cut. Place on baking sheet and bake at 400 degrees for 15 minutes. (Add 1/4 cup sugar to this recipe, and it makes an excellent short biscuit for fruit.)

SOUR DOUGH HOT CAKES

Place 1/2 cup starter in a medium size bowl. Add 2 cups warm water and 2 cups flour. Beat well and set in a warm place to develop overnight. In the morning add the following to feed 3 persons. 1 egg, 1 tsp. soda, 1 tsp. salt, 1 tbsp. sugar. Beat with a fork and blend all ingredients. Add 2 tablespoons melted fat and bake on hot griddle.

SOUR DOUGH COFFEE CAKE

1 cup flour
Dash salt
3/4 tsp. soda
1 tsp. baking powder
1 cup starter
1/2 cup sugar
1/3 cup oil
1 egg
1/2 cups raisins or nuts

Sift first 4 ingredients together. Add the remaining ingredients and mix together at medium speed until well combined. Pour into an 8 x 8 baking pan and crumble topping over mixture.

Topping:

1 tbsp. flour
1/2 cup brown sugar
1 tbsp. cinnamon
1/8 cup butter

Cut butter into other ingredients until crumbly. Bake at 350 degrees approximately 30 minutes.

Eva Rice, Broadbay

PLAIN HOME-MADE BREAD

1 pkg. yeast dissolved in
  1 cup lukewarm water
Sift 4 cups plain flour into
  large mixing bowl, add
2 tsp. salt
2 tbsp. sugar
1/2 cup lard

Mix well, and add 1 extra cup warm water. Work in extra flour to make stiff dough, if needed.

Cover and let rise until double in size in warm, but not hot place.

Make out into a pan of rolls and one loaf, or two loaves.

Let rise again until double in size, and bake in moderate oven. Rolls about 20 minutes, and loaves 30 minutes or more, according to size. Turn out and grease with margarine. Keep wrapped when cool.

OLD FASHIONED POTATO YEAST BREAD

2 medium potatoes
1 pt. boiling water
4 tbsp. sugar
2 tbsp. salt
1 pkg. dry yeast

Grate potatoes in large bowl, pour over boiling water and stir till like thick starch. Add sugar and salt, stir well, cool to lukewarm. Add yeast, fill 2 one-quart jars 1/2 full and set in warm place to ferment. 1 cup will make 3 loaves of bread.

The Bread:

4 c. warm liquid
  half milk and 1/2 water
1¼ tbsp. shortening
2½ tbsp. sugar
1½ tbsp. salt
1 c. potato yeast
10-12 c. sifted
  all purpose flour

Mix all ingredients, let rise till double in bulk. Knead well; let rise again. Divide into loaves; let rise again. Divide into loaves; let rise to double. Bake at 375° for 1 hour.

Mrs. J. Edward Crook, Griffith

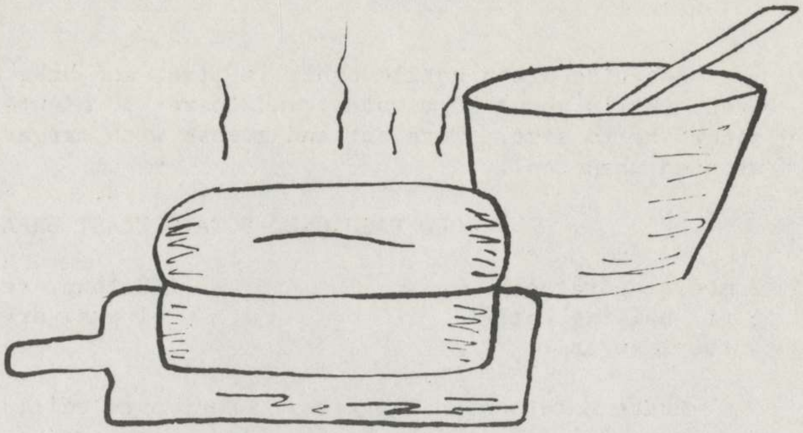
LOAF BREAD

Good flour is the first requisite, and next, good yeast and sufficient kneading.

2 quarts of flour
1 teaspoonful of salt
1 egg well beaten
1 large tablespoonful lard
1 teaspoonful of sugar
½ teacup of yeast
1 pint of water

Mix up these ingredients into a moderately stiff dough. Some flour being more adhesive than others you have to learn by experience the exact amount of water required. Sweet milk can be used, and makes the loaves brown nicely. Knead the dough till perfectly smooth, then set it to rise, in a cool place in summer, but in a warm place in winter. In the latter season it is better to keep a blanket wrapped around it. After it rises work down. Keep it a little warmer during the second rising than the first. When ready for baking, set it in the oven and bake it for three-quarters of an hour with a moderate, evenly kept fire. It will come out without sticking, if the pans are well greased and cared for.

Jane Porter, Highland



HIFFER CAKES

(Tangle Britches)

1 cup mashed potatoes	1 tsp. salt, approx.
1/2 cup white sugar	1 pkg. yeast dissolved in 1/2 cup lukewarm water
1/3 cup lard	
2 eggs	

Mix above ingredients together and add yeast mixture. Then add flour to make dough to knead. Set back to rise until double in bulk. Roll out on floured board and cut with doughnut cutter or equilvalent and let rise. Fry in deep fat until golden brown. Serve with jelly or preserves or roll in pulvetized sugar as they are taken from fat.

This is an old recipe handed down from mother to daughter for several generations. It is one of the original "Moravian Recipes" and is made on "Shrove Tuesday" in a Moravian Household as part of the observance of this day.

Mrs. Gladys C. Doub, Vienna
Mrs. R. C. Ryan, Sunset Hills

CINNAMON BUNS

(The Famous Dutch Sticky Buns)

1 cup scalded milk	1/2 yeast cake, dissolved in 1/4 cup warm water
1/2 cup chopped raisins	3 cups flour
2 tbsp. currants	1/2 tsp. salt
1/2 tsp. cinnamon	3 tbsp. butter
brown sugar	
2 tbsp. finely chopped citron	

Dissolve yeast in warm water and add to milk which has been allowed to become lukewarm. Add sugar (about 3 tbsp.), salt and flour, and knead thoroughly until it becomes a soft dough. Place the dough in a buttered bowl and butter the top of the dough.

Cover bowl and put in a warm place. Permit it to stand until the dough triples its size. Roll until it is 1/4 of an inch in thickness, brush with butter and spread with the raisins, currants, citron, brown sugar and cinnamon. Roll as a jelly roll and cut into slices 3/4 inch thick. Place slices in buttered pan, spread well with brown sugar, and bake in a hot oven (400) for 20 minutes.

This recipe was taken from: "Fine Old Recipes"

Marie Charles, Broadbay

MAGIC BUTTER ROLLS

3 cups plain flour
1 tsp. salt
1/2 cup butter or margarine
1/4 cup evaporated milk
1/4 cup hot water
2 packages yeast

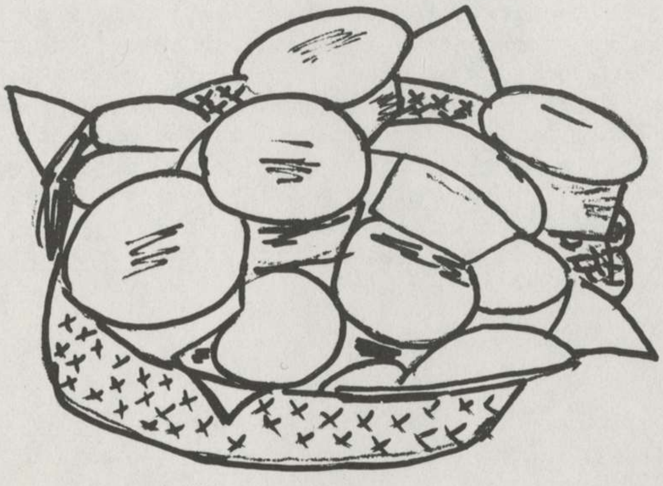
1 tbsp. sugar
3 eggs
1 tsp. vanilla
1 cup chopped nuts
1/2 cup sugar

To 1-1/2 cups sifted flour, add salt and butter or margarine, combine as for pastry. Combine milk and hot water. When lukewarm put in yeast and 1 tablespoon sugar. Soak until dissolved then blend and stir into first mixture. Beat smooth. Beat in vanilla and remaining 1-1/2 cups flour. Tie the dough into a square of cheese cloth loosely and drop into a pail of cool water (70 to 80 degrees).

In about an hour, the dough will rise to the top of the water. When it does, remove it from the pail and turn onto a platter. Cut off pieces the size of an egg, using a tablespoon, and roll each one in the 1/2 cup sugar mixed with nuts. Twist each piece into a figure 8 and place on a greased cookie sheet. Let stand 5 minutes; then bake in 425 degree oven 10 to 15 minutes.

Makes 18 rolls - if cooled reheat to serve.

Mrs. Lois Dancy, Mt. Tabor



COMMON PANCAKES

8 eggs
1 pint sweet milk
4 tbsp. flour
1 tsp. salt

Fry in large cakes.

This recipe was taken from: "The North Carolina Cookbook"--

Jane Porter, Highland

PANCAKES

Take 1 heaping cup of flour, one-third cup corn meal, add 1/2 teaspoon soda, 1/2 teaspoon salt, heaping 1 teaspoon baking powder, 1 egg. Mix with buttermilk; make a thin batter and cook on very hot griddle.

Mrs. J. O. Etchison, West Forsyth

KAISER CAKE

A famous breakfast bread.

2 pounds flour
1 small tbsp. baking powder
2 tbsp. butter
1 tsp. of ground cinnamon
1/2 tsp. salt

Mix all the dry ingredients together. Then rub in the butter and add enough sweet milk to make a pliable dough. Roll out in two sheets and sprinkle with cinnamon, sugar and small pieces of butter. Bake and serve hot.

BUTTER CRACKERS

1 quart flour
1 tsp. salt
1/2 tsp. soda (dissolved in hot water)
2 tbsp. butter
2 cups sweet milk

Rub the butter into the flour, or, what is better, cut it up with a knife or chopper, as you do in pastry; add the salt, milk and soda, mixing well. Work into a ball, lay upon a floured board, and beat with a rolling pin half an hour, turning and shifting the mass often. Roll into an even sheet a quarter of an inch thick, or less, prick deeply with a fork, and bake in a moderate oven. Hang them up in a muslin bag in the kitchen for two days to dry.

These recipes were taken from: "The North Carolina Cookbook"--

Jane Porter, Highland

CORN BREAD

1 pt. meal
1 pt. buttermilk
1 egg (leave out egg if they are scarce)
1 tsp. soda (scant unless buttermilk is pretty sour)
1 tsp. sugar
1 tsp. salt
1 tbsp. butter

Warm buttermilk and butter together, then stir quickly into other ingredients, which have been well mixed together. Pour into well buttered pan and bake in hot oven.

Jettie Fix, Lewisville I

CORN BREAD

3 cups corn meal (plain)
1 tsp. soda
1 cup buttermilk
1 tsp. salt
1 cup cracklings

Mix dry ingredients. Add cracklings, milk. Add enough water to make soft batter. Pour in iron greased skillet, with lid, which has been heated on hot coals. Put hot coals on lid. Bake until brown on top and bottom.

Serve with cold sweet milk. The best supper on a cold snowy evening you could ever want.

Mrs. Flo Pendergrass, Vienna

SPOON BREAD

2 cups sifted corn meal
2 cups boiling water
1 cup sweet milk
3 tbsp. shortening
2 teaspoons salt
2 large eggs or 3 small

Pour meal into boiling water, cook one minute, stirring free from lumps.

Add shortening, salt, milk, and beaten egg yolks. Fold in stiffly beaten egg whites. Pour into well greased baking dish. Cook in moderate oven about 30 minutes.

Serve from dish with spoon.

This recipe was taken from: "White Lily Flour Cook Book"--1930

Juanita Medlock, Oldtown

BANANA NUT BREAD

1¼ c. brown sugar
½ tsp. salt
1/3 c. or 1 stick Oleo or butter
2 eggs
2¼ c. flour
1 tsp. baking powder
¼ tsp. nutmeg, allspice, cinnamon
½ c. buttermilk
1 c. nuts
1 c. bananas

Lois S. Miller, West Forsyth

NUT BREAD

1/3 c. butter
1/2 c. sugar
1 egg, unbeaten
2 c. sifted flour
1 tsp. salt
3 tsp. baking powder
3/4 c. pecans or
  other nuts
1 cup milk

Cream butter, add sugar gradually and cream thoroughly. Add egg, beat well. Mix and sift flour; salt and baking powder, stir in nuts. Add to creamed mixture alternately with milk. Pour into buttered loaf pan. Bake at 325 - 1¼ hour.

Mrs. Elsie Ramsey, College Park

BLUEBERRY MUFFINS

2 c. sifted flour
3 tsp. baking powder
1 tsp. salt
2 tbsp. sugar
1 c. milk
1 egg, slightly beaten
3 tbsp. melted butter
  or shortening
1 c. blueberries, fresh
  or frozen

Combine milk, egg, and shortening. Mix dry ingredients and add to liquid mixture. Add blueberries. Fill muffin tins 2/3 full and bake at 400° - 20-25 minutes.

Beulah Grandy, Jonestown

BRAN MUFFINS

Three-quarters cup
  corn meal
3/4 cup bran
1/2 cup white flour
1/4 cup sugar
2 tablespoons melted
  shortening
1 cup sour milk
1 level teaspoon soda,
  salt

This recipe secured from the Souvenir Book of the Laying of the Cornerstone of the New Atlantic Methodist Episcopal Church, Atlantic, Quincy, Mass., Sunday, November 28, 1926.

I believe my uncle, Rev. William Grandy was pastor there.

Mrs. Shirley Grandy Shutt, Jonestown

FRIED MUSH

Mix together: 1½ cups yellow corn meal
1½ teaspoons salt
3 tablespoons white flour

Have 4½ cups water boiling. Quickly stir 1½ cups cold water into dry ingredients and IMMEDIATELY stir the mixture into the boiling water.

Bring to a boil and cook till thick. Put a lid on pan, turn heat to simmer and leave 10 minutes.

Butter a 9x5x2½ pan, turn mush into this. Cover with wax paper (loosely) - let cool overnight.

Slice as thin as possible; flour each slab and fry in vegetable shortening or lard. "Eat'em smoking hot, either plain or smothered in butter and maple syrup."

Betty Arnold, Griffith

BEATEN BISCUIT, NO. 1

Put one and one-half teaspoons of salt into a quart and a half of finest flour. Sift twice and mix thoroughly with a teacup of lard. Moisten with ice water, which add slowly until a stiff dough is formed: knead until the dough blisters, then roll out to the thickness of about one-half inch, cut with a small cutter and bake in a steady, strong oven.

BEATEN BISCUIT, NO. 2

Three-fourths of a pound of flour, one teaspoon each sugar and salt, two and a half ounces of lard, one-half glass cold water. Sift salt and sugar with flour after weighing, mix with cold lard and add water, making a very dry dough. Beat for 15 minutes or put through a biscuit machine and bake in a very slow oven. If baked in a gas range, put in as gas is lighted and brown slightly.

CREAM BISCUIT

One quart of flour, one teaspoon of white sugar, a little salt, one teaspoon of soda and two of cream tartar. Mix well together and wet with pure cream, making moist enough to roll, kneading as little as possible. If too wet they will not be crisp. Roll rather thin, cut and bake. When equal parts of white and graham flour are used this closely resembles the Graham wafers we buy.

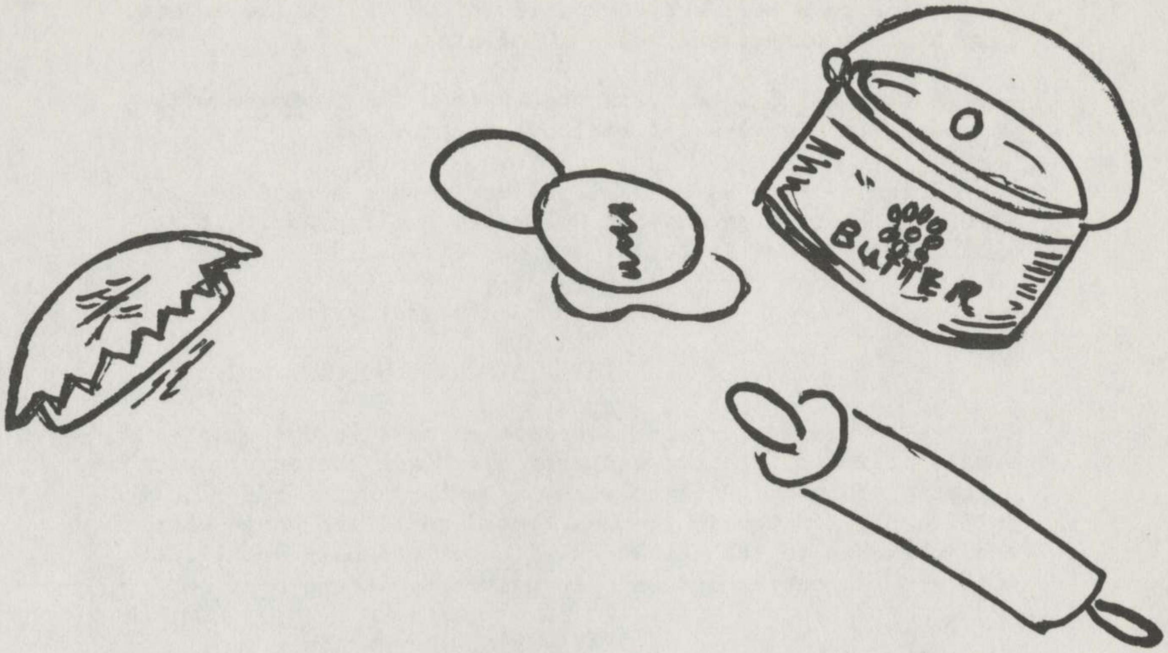
These recipes were taken from: "The Twin City Housewife"
Mrs. H. L. Nunn, Pine Grove

NO-BEAT POPOVERS

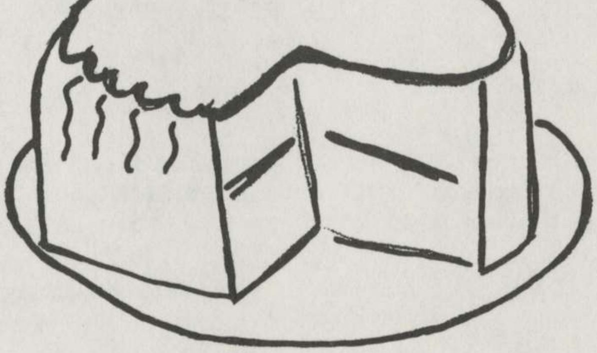
2 eggs	1 cup flour
1 cup milk	1/2 tsp. salt

Break eggs into bowl, add milk, flour and salt, mix well, (disregard lumps). Fill greased muffin pans 3/4 full--put in oven. Set control at 450 degrees. Turn on heat, and bake 30 minutes.

Mrs. Elsie Ramsey, College Park



Desserts



FRESH PEACH CAKE

1/2 cup butter
1½ cups brown sugar
packed
1 egg
2 cups sifted flour
1 tsp. soda
1 c. buttermilk
1/2 tsp. salt
4 peaches, peeled and
diced
1/4 cup granulated sugar
1 tsp. cinnamon

Cream butter with brown sugar until light and fluffy. Beat in egg. Sift flour with soda and salt. Add to creamed mixture alternating with buttermilk, beating until smooth after each addition. Gently blend in peaches. Pour into greased 13 x 9" pan. Sprinkle sugar and cinnamon over top. Bake in 350 oven for 30-35 minutes or until done. Serves 12.

Mrs. K. R. Knight, College Park

BLACKBERRY CAKE

1 cup of blackberry jelly
1 cup of sugar
1 cup of butter
4 eggs
6 tbsp. of buttermilk
1 heaping tsp. of soda
1 tsp. of cinnamon
1 tsp. of nutmeg
1 tsp. of spice
Flour, approximately 2 cups

Flour enough to make a medium batter. Use boiled icings. This recipe is over 50 years old.

Pearl Fair, Vienna

WORLD WAR CAKE

1 cup brown sugar
1½ cups water
1 c. seedless raisins (or seeded)
2 oz. citron cut fine
1/3 c. shortening
1 tsp. ground cinnamon
1/4 tsp. cloves
1/4 tsp. nutmeg
1/2 tsp. salt
2 c. flour
5 tsp. Rumford Baking
Powder
1/2 tsp. vanilla

Boil together for three minutes the sugar, water, fruit, shortening, spices and salt. Let cool and then add the flour and baking powder sifted together and the vanilla. Mix well and bake in a well-greased loaf pan in a moderate oven about forty-five minutes.

This recipe was taken from: "Revised Rumford Complete Cook Book" 1939, Dept. of Home Economics, The Rumford Company, established 1854, Rumford, R. I., Copyright this issue 1939.

Mrs. Shirley G. Shutt, Jonestown

BRIDES CAKE

Cream together scant cup of butter and three cups of sugar, add 1 cup of milk, then the beaten whites of 12 eggs: sift three teaspoons of baking powder into 1 cup of corn starch mixed with three cups sifted flour and beat in gradually with the rest. Flavor to taste. Beat all thoroughly then put in buttered tins, well buttered. Bake slowly in moderate oven. A beautiful white cake. Ice the top. Double recipe, if more is desired.

Lottie Seay, Jonestown

TEA CAKES

3 eggs
2 cups sugar
1 cup butter
1/2 cup buttermilk
1 level tsp. soda
1 tsp. vanilla
1 tsp. flour, **plus additional flour to make soft dough**

1/2 cup buttermilk, 1 level tsp. soda, 1 tsp. vanilla, flour; enough flour to make soft dough. Dissolve the sugar in the milk, then beat in eggs and soda and vanilla. Rub butter in flour; pour in the mixture, work, roll out and bake.

Mrs. Nava Etchison, mother-in-law

Mrs. J. D. Etchison, W. Forsyth

APPLE SAUCE CAKE

1/3 cup butter or substitute
1 cup sugar
1½ cups thick sweetened applesauce
2 cups flour
1 tsp. soda, pinch of salt
spices to taste
1 cup raisins

Cream butter and sugar together, then add the applesauce, mix and sift flour, soda and spices, then the raisins. Mix well. Bake in well greased loaf pan in about 45 minutes. May also be put in small cup cakes, cherries on top.

This recipe was taken from: "The New Butterick Cook Book"--copyright, 1924.

Beulah M. Grandy, Jonestown

DOMESTIC FRUIT CAKE

2 cups dried apples
1 cup molasses
1 cup sugar
1 cup sweet milk
3/4 c. butter or lard
4 cups flour
2 cups raisins
1 cup walnuts
1 tsp. soda, mixed with a tbsp. of sour milk
1 tsp. each ground cinnamon, cloves, and nutmeg

Bake in tube pan in moderate oven.

Soak apples overnight in water or grape juice--(enough to just about cover). In the morning grind fine and boil in the molasses one hour. Let cool and add other ingredients.

Recipe from late Mrs. T. H. Cash, and it was her mothers.

Mabel White, College Park

POOR MAN'S FRUIT CAKE

2 cups sugar
2 cups water
1 cup lard
1 lb. raisins

1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
1 tsp. allspice
½ tsp. salt

Mix all together and bring to a boil. Let cool. Then add:

2 tsp. soda
4 cups flour
1 cup nuts

Bake in a very slow oven. Test with toothpick.

NOTE: I don't know how long this recipe has been in our family, but it was not a new recipe when I remember my mother making it in the middle-1930's. It was a number of years later before I tasted a real fruit cake. I still enjoy this cake recipe--it's one of my favorites--and it's one of the first recipes I started collecting.

Wilma Stilley, Clemmons I

POOR MAN'S FRUIT CAKE

4 cups flour (unsifted)
1 cup melted butter
3 cups stewed (dried apples) fruit
2 eggs
2 cups raisins, dust with flour

1 c. chopped black walnuts
1/2 tsp. cloves
2 tsp. cinnamon
1 tsp. vanilla
3 tsp. soda--dissolve in about 1 tbsp. water
pinch salt

Bake at 350° - 1½ hours or until done.

Grandmother was born in 1863 and died at the age of 83 in 1946. This recipe is still in use today.

Mrs. Robert E. Walker, Salem Chapel

GRANDMOTHER SHEETZ FRUIT CAKE #1

1/2 lb. butter, 1 lb. flour, 1 lb. brown sugar, 1 lb. white sugar, 6 eggs, 1 tsp. baking powder, 1 tsp. soda, 1 box seedless raisins, 1 box currants, 1 tsp. each of cloves, ginger & cinnamon, 10¢ worth of almonds, pecans, walnuts, citron, 20¢ of candied cherries.

FRUIT CAKE #2

1 lb. butter, 1 lb. flour, 1 lb. sugar, 10 eggs, 1½ box raisins, 1 box currants, ½ lb. citron, 1 lb. figs. Flour currants, raisins, nuts, citron, figs in layers; 1 tsp. each cloves, cinnamon, allspice, 1 tsp. baking powder. Put all dry ingredients in flour, sift together. (Hickory nuts and almonds add much.)

AUNT ROSA'S WHITE CHRISTMAS COOKIES

3-4 cups butter, 3 cups sugar, 3 eggs, 1 cup sour cream, 1 scant teaspoon soda, 1/4 tsp. salt, flour to make a soft and roll.

Mrs. Walter Grabbs

GRANDMOTHER CONRAD'S MORAVIAN MOLASSES COOKIES

1 quart molasses, 1 lb. sugar, 3-4 cups lard or butter, 1 tsp. of each soda, cloves, allspice and ginger. Flour to make a stiff dough, roll and cut.

These recipes are in a book that my husband's mother wrote the first year she was married, **1904.** I have used them since 1928. They always turn out extra good.

Mrs. Carlos Conrad, Old Town

PLAIN CAKE

Walnut or coconut

1/2 cup butter
1½ cups sugar
2½ cups of all-purpose flour, sift before measuring
3 eggs, separated
1 cup milk
2 tsp. baking powder

Cream butter and sugar, add egg yolks. Stir well, add flour and milk alternately. Beat egg whites and fold into batter.

Pour into 3 **eight** inch layer pans and bake 350°--20 minutes.

Alta M. Foltz, Griffith

FROSTING FOR COCONUT CAKE

1 cup granulated sugar
1/3 cup hot water
1 egg white
1/6 level **tsp. cream of** tartar
1 tsp. flavoring

Boil the sugar and water together, without stiring, til they form a thread when a little is lifted from the pan; beat the white of the egg. Add the cream of tartar, and pour the hot syrup over them, beating while doing so. Add the flavoring and beat till thick enough to spread.

Alta M. Foltz, Griffith

FROSTING FOR WALNUT CAKE

1½ cups light brown sugar
3/4 cup thin cream or milk
1 tbsp. butter
flavoring (vanilla)

Put the sugar, cream (or milk) and butter into a saucepan and cook gently till a little dropped in cold water forms a soft ball. Remove from the fire, cool, add the flavoring, and beat till thick enough to spread.

Alta M. Foltz, Griffith

GRANDMA AUTEN'S COCONUT FILLING

1 large or 3 small coconuts, grated
1½ cups sugar
3/4 c. coconut milk (if not enough, add water)
3 tbsp. butter
2 egg whites beaten stiffly

Take out enough coconut to sprinkle on top of cake. Take rest of coconut, coconut milk, sugar and butter & cook to a soft ball. Beat into stiffly beaten egg whites. Spread between layers and on sides of cake.

This was my grandmother's favorite recipe and had been used by many of her grandchildren through the years.

Katherine H. Robertson, Pine Grove

ICING

One cup granulated sugar, 1/2 c. water, white of 1 egg, beaten stiff. Boil sugar and water until it spins a thread, then pour over beaten egg white. Beat until thick enough to spread on cake. To make a soft icing, use 5 cents worth of marshmallows.

Jettie Fix, Lewisville I

GINGERBREAD

2 cups plain flour
3/4 tsp. salt
½ tsp. soda
1¼ tsp. baking powder
1¼ tsp. ginger
1¼ tsp. cinnamon
½ tsp. cloves
½ c. shortening
2 eggs
1-1/3 c. molasses
1 c. boiling water

Mix and sift all dry ingredients. Add shortening and cut in until cornmeal consistency. Add eggs. Mix boiling water with molasses. Add 3/4 c. of liquid and stir ONLY until smooth. Add remaining liquid and stir ONLY until well mixed.

Bake in greased and flour 8 inch square pan-325°--30 to 40 minutes. Serve with butter, sauce or whipped cream.

This recipe came from Mrs. Andrew's Grandmother Carltons--

Mrs. James Winfree, Sedge Garden

GINGERBREAD

1 egg
½ c. sugar
½ c. lard or butter
1 c. molasses
2½ cups flour
1½ tsp. soda
1 tsp. cinnamon
1 tsp. ginger
½ tsp. cloves
½ tsp. salt
1 c. hot water

Cream shortening and sugar. Add beaten egg and then molasses. Sift all dry ingredients together and add. Add hot water last and beat until smooth. Bake in pan about 13x10 for 30 or 35 minutes at 325°.

This is the recipe used by my grandmother Florella Davis Hall and my mother Bertha Hall Hauser.

Mabel White, College Park

BEST GINGER BREAD

½ cup sugar
½ cup butter and lard, mixed
1 egg, 2½ cups flour
1 c. molasses
½ tsp. salt
1½ tsp. soda
1 tsp. ginger
1 tsp. cinnamon
½ tsp. cloves

Add 1 cup hot water after mixing other ingredients. Bake in moderate oven, until springs up in center when pressed slightly. Turn out on cloth or rack. Remains moist, (if you keep well wrapped), until last piece is used.

Old Richmond

OLD FASHIONED SLICED SWEET POTATO PIE

Make a good rich pastry for two crusts; line your baking dish with crust and slice thinly, sweet potatoes, just a good layer to cover bottom. Sift 1 tbsp. flour and 3/4 cup of sugar over potatoes. Dot generously with butter and sprinkle with nutmeg. Pour one cup hot water or more, and add crust ventilated. Bake 30 minutes.

Old Richmond

DELICIOUS BROWNIES

2 squares (2 ounces)
  unsweetened chocolate or
2 rounded tbsp. cocoa
1/2 c. shortening
  (butter or half & half)
1 c. sugar (makes them better)
2 eggs, slightly beaten

3/4 c. flour
1/2 tsp. baking powder
1 c. chopped nuts
  or raisins, or both
The raisins help to keep
  them moist
1 tsp. vanilla
  (chopped dates are good
  also.)

METHOD: Melt chocolate and fat together over hot water. Cool slightly. Add sugar and chocolate mixture to eggs and beat.

Sift together the flour, baking powder, and salt. Add to the first mixture. Stir in nutmeats, raisins and vanilla. Pour the batter into 8-inch square pan. Bake at 350°F. (moderate oven) about 30 minutes. Cool in the pan and cut into squares. Makes about 2 dozen brownies.

Old Richmond

VELVET CAKE

1 c. butter
2 cups sugar
4 eggs less 2 whites
  for frosting
1 cup buttermilk

3/4 tsp. soda
2½ cups sifted flour
1 tsp. salt
1 tsp. vanilla

Cream butter, and sugar together, add eggs one at a time, and blend well after each addition. Sift flour with salt. Stir soda into buttermilk, and add to creamed mixture alternately with flour. Blend well after each addition. Add vanilla.

Pour into 3 greased and floured layer cake pans or in a loaf cake pan 12x8x2 inches. Bake layers at 375 degrees, bake the loaf at 350 degrees or 325 degrees if in a pyrex container. Turn out, cool and frost as desired.

Beth Tartan received this recipe from Mrs. John Hunter, who obtained the recipe from Miss Daisy Cox. Miss Cox once lived on a dairy farm where the Pine Brook Club is now located on highway 8. I cut it out of the paper at least 15 years ago--Winston-Salem Journal.

Mrs. Winfred Hauser, Old Town

PENNSYLVANIA DUTCH COFFEE CAKE

1 cake yeast
1/3 cup sugar
2/3 cup warm milk
2½ cups flour
1/2 c. melted shortening
3 eggs, well beaten
3/4 tsp. salt

Dissolve yeast and sugar in warm milk; add 1 cup flour, and beat until smooth. Add melted shortening which has been cooled, beaten eggs and remaining flour and salt. Beat until smooth. (Dough will be sticky). Pour out on floured board and add enough flour to knead 20-25 times. Cut dough into two pieces and put into bowls and let rise for 2 hours or until double in bulk. Punch down, roll 1/2 inch thick on lightly floured board in a circle. Spread with filling made of:

1/2 cup melted shortening
1/3 cup sugar mixed with
1 tbsp. cinnamon
1/2 cup raisins
1/3 cup broken nuts

Spread rolled dough with melted shortening, sprinkle with sugar and cinnamon, add raisins and nuts. Roll as for jelly roll. Shape in circle on a greased cookie sheet. Seal ends together. Cut almost through roll with scissors at 1½ inch intervals; turn slices on side. Let rise until double in bulk. Bake in hot oven, 350 degrees, for about 15 or 20 minutes, or until a light golden brown. Brush with melted shortening as soon as cake comes from the oven, and then place on serving dish. Spread icing on hot cake. Decorate with nuts and cherries. Makes two coffee cakes.

Icing:

2 cups confectioners sugar
1 tbsp. vanilla
enough canned milk to make a thick icing--about 2-3 tbsp.

Mrs. Ruth Bunting, Sedge Garden

CAKE RECIPE

2 c. sugar
4 eggs
1 c. sweet milk
4 c. flour
1 tsp. baking powder
flavor to suit taste

Mrs. Kieger, Old Town

JAPANESE FRUIT CAKE

1 c. butter
2 c. sugar
3 c. flour
1 c. sweet milk
6 eggs
1 box seeded raisins
1 box coconut
1 cup pecans
4 tsp. baking powder
2 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg

Cream butter, add sugar & cream together; beat eggs separately. Add yolks. Sift dry ingredients together, add alternating with milk. Add coconut, nutmeats and raisins, which have been rolled in flour. Add egg whites last. Bake in layer.

Filling:

2 cups sugar
2 lemons
½ c. boiling water
2 oranges
1 box coconut
4 tbsp. flour

Mix sugar and flour, cut oranges and lemons in small bits. (Do not use rind. Cook all together till thick, add coconut and cook 2 minutes. When cool, put on cake.

Recipe passed down through family.

Pearl Fair, Vienna

SCRIPTURE CAKE

1 cup butter	Judges 5:25
3 cups flour	I Kings 4:22
3 cups sugar	Jeremiah 6:20
2 cups raisins	Samuel I 30:12
2 cups figs	Samuel II 30:12
1 cup almonds	Genesis 43:11
1/2 cup water	Isaiah 10:14
6 eggs	Isaiah 10:14
1 tbsp. honey	Genesis 43:11
1 tsp. soda	Leviticus 23:17
1/2 tsp. salt	Leviticus 2:12
Add spices as desired	Genesis 43:11

This recipe was taken from an old cookbook: "Friedland Moravian"

Mrs. T. A. Kimball,
Sunset Hills

MORAVIAN SUGAR CAKE

1 pkg. yeast dissolved in
  1 cup warm water
1 cup mashed potatoes
1 cup sugar
1 cup butter or lard
  (or half of each)
3 eggs
Salt (as you would for
  bread)

Mix ingredients in order given - beat together and add flour enough to make a soft dough. Let rise to double in bulk. Make out on cookie sheet or pans and let rise again. Punch holes and spread with brown sugar - dot with butter all over and sprinkle with cinnamon.

Bake in 400° oven - when done sprinkle with cream until sugar is damp. (If cream is put on before baking, it runs off.)

This recipe was taken from: "Farmington Cook Book"--1924 by Mrs. Sallie Flynt Transou. She was a first cousin of my mother and an excellent cook.

Mrs. Angie Conrad Stonestreet, Vienna

SUGAR CAKE

1 pound sugar
3 eggs
1/2 pound of butter
  or lard
2 tsp. ground mace
1 tsp. soda
1 gill of milk (sour)
flavor with lemon

Use flour enough to make a very soft dough and roll as thin as possible. The last direction is the secret of excellence with this kind of cake.

Mrs. Carlos Conrad, Old Town

SUGAR CAKE

1 pkg. dry yeast dissolved in
  1/2 cup "pretty warm water"
1 c. fresh cooked unseasoned
  mashed potatoes

Add to potatoes: 1 cup sugar
  4 tbsp. soft butter
  1/2 c. shortening
  1 tsp. salt

Add yeast mixture and 1 cup warm potato water to potato mixture. Set aside in warm place and allow to rise till spongy. Approximately 1 hour. Then add 2 beaten eggs and sufficient flour to make soft dough 6 to 8 cups. Allow to rise until double in bulk. Punch down on lightly floured board. Spread out in greased pans and let rise 10 to 15 minutes. Divide dough into 3 equal parts and put into three greased 9 by 13 inch pan. Makes holes with thumbs. Bake 375 or 350 --Time: 15 minutes--Can be frozen after baking.

Topping:

2 boxes brown sugar
1/4 or 1/2 jar of maple syrup
2 sticks butter
1/2 large can milk

Shirley Matthews, Sedge Garden

MORAVIAN SUGAR CAKE

1 yeast cake (or 1½ pkg. dry yeast)
½ cup warm water (from potatoes)
1 cup sweet milk scalded or cooled
2/3 cup shortening preferably butter
1/2 cup sugar
1½ tsp. salt
2 beaten eggs
1 cup cooked mashed potatoes
5½ to 6 cups flour

Dissolve yeast in warm water plus 1 tsp. sugar. Stir shortening/sugar into warm mashed potatoes. Add remaining ingredients and beat well using 3 cups of flour. Add remaining flour until you have very thick batter. Let rise until doubled (about 2 hours) in warm place. Pat out into greased pans to about 1/3" thickness. Let rise again and sprinkle top generously with light brown sugar. Dot with butter and sprinkle with cinnamon. Make indentations with ends of fingers and pour pure cream lightly over top. Let rise again. Bake about 20 minutes in 350° oven or until lightly browned.

Mrs. Ricks Sink, Sunset Hills

OLD FASHIONED MORAVIAN SUGAR CAKE

1 pkg. yeast dissolved in 1 cup warm water
1 cup mashed potatoes (save water that potatoes were cooked in, if any, and use as part of liquid.)
1/2 cup shortening half butter or margarine improves flavor
1/2 c. sugar
2 tsp. salt
2 eggs, well beaten
6½ cups of flour more or less
This dough should be soft, not as stiff as light bread dough.

You may need extra liquid, if so, use 1 extra cup of warm water, you may use the water drained from cooked potatoes, if you have it. Mix and let rise double. Put out on greased baking pan to about 1/2 inch, in thickness. Rub brown sugar, butter or margarine together, 1/2 stick to 2 cups brown sugar. Spread this on after dough has risen, double, and bake in moderate oven. You may sprinkle with cream, and cinnamon.

Old Richmond

DEVIL'S FOOD CAKE

2 cups sugar -- Creamed
3/4 cup shortening
4 eggs - yolks
1 cup hot mashed Irish potatoes
2 squares-chocolate melted
1/2 cup sweet milk
1 c. nutmeats
2 cups flour
3 tsps. baking powder
2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. salt

Cream together sugar and shortening, add beaten yolks, beat well. Add mashed potatoes, grated chocolate and nutmeats.

Sift together flour, nutmeg, cinnamon and baking powder. Add alternately with milk. First adding milk, and last--fold in whites of eggs. Bake in moderate oven in layers.

ICING FOR CAKE

sugar (2 cups)
water (boiling) 1/2 cup
cream of tartar (pinch)
flavoring 1 tsp.

Cook sugar and water until spins a thread as long as finger. Pour over stiffly beaten whites of two eggs.

This recipe was made when I was taking Home Economics in Lewisville High School in the 1930's. Journal & Sentinel offered $1.00 for anyone sending a favorite recipe. This I did and received the $1.00.

Mrs. Betty Conrad Mock, Sharon

BISCUIT SHORTCAKE

2 cups flour
1 tsp. salt
1 tsp. baking powder
1/2 cup butter (melted)
2 tbsp. sugar
enough cream to make a soft dough

Sift dry ingredients, add butter and cream and make a soft dough. Pat out into a well greased 8 x 8 pan and bake at 450° until well browned on top. Let cool then pierce well with a fork and cover with fresh fruit and cream.

An old recipe of mother-in-law's. Eva Rice, Broadbay

EDENTON TEA PARTY CAKES

1 qt. flour (4 cups)
3/4 cup butter
2 large cups brown sugar
1 tsp. soda dissolved in a little hot water
1/2 tsp. salt

Cream butter, sugar and eggs together. Add the soda which has been dissolved in a small amount of hot water. Add salt and vanilla, then enough of the flour to make a stiff dough. Roll out, then cut into shapes and bake in hot oven.

These tea cakes were served Oct. 25, 1774 at the home of Elizabeth King to ladies from Edenton, N. C.

Nelda McElrath,Mt. Tabor

QUICK FLANNEL CAKES

1 qt. of flour
2 oz. butter
1 tsp. salt
2 tsps. baking powder
3 eggs
one and one half pints milk

Rub the butter into flour, with the hands until smooth. Then add the salt, beat the yolks of the eggs, add them to the milk: Add this to the flour, and beat vigorously until smooth; add the whites of the eggs and the baking powder; bake quickly on a hot griddle. Very nice.

This recipe was taken from: "Womans Exchange Cook Book"-the book is around seventy years old.

Mrs. Harry Seay, Jonestown

BUTTERMILK JUMBLES

½ cup butter
½ cup buttermilk
½ tsp. lemon
1 cup sugar
1 egg
½ tsp. vanilla
2 cups flour
½ tsp. soda

Mix. Drop spoonsful on baking sheet and flatten down. Bake in moderate oven.

Mrs. K. R. Knight, College Park

SUGAR COOKIES

pinch salt
1 tsp. soda
2 cups sugar
1 cup lard
1 egg, broken in cup and finish filling cup with milk
flour, enough to make a stiff dough

This is my mother's recipe.

Becky Swaim, Kernersville I

ROCKS

One cup sugar, two-thirds of a cup butter, one and half cups flour, two eggs, one pound each chopped English walnuts and dates or raisins, one teaspoon cinnamon, one-half teaspoon cloves, and one teaspoon soda dissolved in a little hot water. Drop on buttered tins by teaspoons, and bake. These improve with age.

TEA CAKES, NO. 2

Cream together two cups of brown sugar and one scant cup of lard or butter. To this add two well-beaten eggs, one and one-half teaspoons of soda dissolved in two tablespoons of buttermilk, and flour to make soft dough.

VANILLA WAFERS

One pound powdered sugar, twenty ounces flour, one pound butter, four eggs, three tablespoons milk; vanilla to taste. Rub butter and flour together, then add the other ingredients. Bake on tin baking sheet.

These recipes were taken from: "The Twin City Housewife"--published 1916

Mrs. H. L. Nunn, Pine Grove

TEA CAKE #2 REVISED
COONIE'S SUGAR COOKIES

2 cups sugar
6 cups plain flour (approx.)
2 large eggs
1½ teaspoons soda
2 tbsps. buttermilk
2 tbsps. lemon flavoring
1 tsp. salt
2 sticks butter

Cream together sugar and butter, add well-beaten eggs-dissolve soda in buttermilk and add to creamed mixture. Add flavoring, then add flour and salt to make a soft dough. Roll very thin, sprinkle generously with sugar and cut with fancy cookie cutter. Bake at 350° until golden brown about 10 minutes. Keep dough chilled.

This recipe was taken from: "The Latest and Best Cook Book"-published 1888

Mrs. H. L. Nunn, Pine Grove

OLD FASHIONED, SCOTCH COOKIES
THE "DUNKIN" KIND

2 cups white sugar
½ cup molasses, or 2 tbsp. dark corn syrup
½ cup melted shortening
flour to make stiff dough
3 eggs
3 tsp. soda
2¼ tsp. salt

Flavor as you like; vanilla, lemon or grated orange rind. Roll out (not too thin) on well floured board, and bake in moderate oven until light brown. Cut with cookie cutter. Raisin on top is good. Keep a jar on your table (well covered). You will end your meals reaching for an old fashioned sugar cookie to "dunk" in that last cup of coffee.

Old Richmond

WHITE MORAVIAN CHRISTMAS COOKIES

OR MORAVIAN SUGAR COOKIES

2 cups light brown sugar
1/2 cup white sugar
2 eggs
1 cup thick sour cream
1 cup butter

1 tsp. soda
1 tsp. vanilla
1/8 tsp. mace
1/8 tsp. salt
6 to 8 cups flour

Cream sugars, butter, eggs. Stir in vanilla and sour cream. Sift in two cups of flour, mace, and salt. Mix well. Continue to add flour to make a rather stiff dough. Chill overnight. Roll about 1/8 inch thick on floured cloth covered board on stiff pastry cloth. Cut out and bake in oven about 375° until lightly browned.

Mrs. Ricks Sink, Sunset Hills

WHITE CHRISTMAS COOKIES

1 cup brown sugar
1 cup white sugar
1 cup buttermilk
1 cup melted shortening

1 tsp. soda
1 tsp. lemon extract
1 tsp. cinnamon
pinch of salt

Flour. (enough to make a soft dough.)

Chill overnight. Roll out, cut into shapes and bake at 375° 5-8 minutes on ungreased pans.

This recipe was used by my Grandmother Regina Norman who was born in 1859.

Nelda McElrath, Mt. Tabor

SUGAR COOKIES

1½ cups sugar
3/4 cup butter
1 egg
½ cup buttermilk

1 tsp. soda
1 tsp. vanilla
about 3½ cups flour

Just enough flour to make soft dough. Place in refrigerator for 1 or 2 hours. Roll out, cut. Bake at 400° about 10 minutes.

This recipe came from my mother's cookbook. I have used this recipe for more than 60 years.

Mrs. R. C. Ryan, Sr., Sunset Hills

SNICKERDOODLES

yield:
6 dozen

½ c. shortening
½ c. butter
1½ c. sugar
2 eggs

2 3/4 c. flour
2 tsp. cream of tartar
1 tsp. soda
¼ tsp. salt

4 tbsp. sugar
4 tbsp. cinnamon
--Mixture to roll cookies in before baking.

Cream shortening, butter, sugar and eggs. Sift flour, cream of tartar, soda and salt and add to above mixture. Form into balls the size of small walnuts, and roll in the sugar-cinnamon mixture. Place 2" apart on ungreased cookie sheet.

Bake 400° for 8 to 10 minutes.

Wilma Stilley, Clemmons I

HERMITS

1/3 cup butter
1 c. brown sugar
2 eggs
1 1/4 cups flour
1 tsp. cinnamon
1/2 tsp. salt

1/2 c. rolled oats
1 c. chopped dates
1/2 c. chopped nuts
1/2 tsp. baking soda
1 1/2 tbsp. boiling water
1/2 tsp. vanilla

Cream butter, and sugar then unbeaten eggs. Beat all well together. Mix and sift flour, cinnamon and salt. Add to creamed mixture along with all the other ingredients, having the soda dissolved in boiling water. Drop on lightly buttered baking sheet and bake in a moderate oven 350 degrees for about 10 minutes. Makes about 5 dozen hermits. Make these about a week ahead of time, or the batter may be kept in a covered sealer in the refrigerator and baked as you need it.

This recipe was taken from: "Three Meals a Day"--by Jessie Read Food Editor for the Toronto Telegram newspaper--book published 1946. Jessie Read was Toronto's Beth Tartan in the late 40's.

Audrey Davidson, Jonestown

HERMITS

2/3 cup butter
1 cup sugar
2 eggs
1 tsp. each of cloves,
  allspice & cinnamon
1 cup seeded raisins

1 3/4 c. flour
1 level teaspoon
  calumet baking powder
2 tbsps. chopped citron
¼ tsp. salt

Cream shortening, add sugar, add well-beaten eggs, mix well; mix dry ingredients together, add slowly to first mixture. Dredge fruits with flour. Mix. Drop by spoonsfull on greased tins.

Bake in modern oven at about 350°F - 15 minutes.

Alta Ervin, Bethania

AGGRESSION COOKIES

1½ cups light brown sugar
1½ cups margarine
(3 sticks, soften)
3 cups oatmeal
(½ box) **(quick cooking)**
½ tsp. baking soda
1½ cups unsifted flour

Put all this in a huge bowl and mash, knead, squeeze.

Then form into balls (small); place on ungreased cookie sheet.

Butter bottom of drinking glass, dip in granulated sugar, and press balls flat. Keep doing this. You need butter the bottom of glass only once or twice, but redip in sugar, for each ball.

Bake at 350° for 10 or 15 minutes.

Mrs. Louie B. Watts, Vienna

GINGERBREAD COOKIES

Combine:

3/4 cup shortening (melted & cooled)
1 cup sugar
1/4 c. molasses
1 egg

Combine in another container:

2 c. flour
2 tsp. baking soda
1/2 tsp. salt - 1/2 tsp. ginger
1/2 tsp. cinnamon - 1/2 tsp. cloves

Blend all ingredients together, roll in balls, put on cookie sheet 2 inches apart. Press with greased glass.

Bake 7 minutes. 370°.

Mrs. Dot Holleman, Sedge Garden

GINGER BREAD OR COOKIE

3/4 cup shortening	1 egg
3/4 cup sugar	4 cups flour
1 cup molasses	1/2 tsp. salt
1 tsp. soda	

Sift dry ingredients together in a bowl making a hollow in center of flour mixture. Cream shortening--add slightly beaten eggs and molasses to creamed shortening. Work in flour until you have a dough a little more stiff than you would for biscuit. Roll out and cook in layers. My mother used an iron griddle to cook this on. This dough can be rolled the thickness you like, cut in cookie shapes and baked on a greased cookie sheet. For bread cook for about 25 minutes or until done -- for cookies 15 minutes. 375° oven.

This recipe has been in my family for over 60 years. It was always good sliced and eaten at home with a cup of sweet milk or as a cookie in our lunch basket.

Mrs. T. J. Robertson, Old Town

LEMON COOKIES

½ cup butter	2 tsp. baking powder
1 cup sugar	pinch of salt
2 eggs	3 cups flour
2 tbsp. sweet milk	1 tsp. lemon extract

Cream butter, add sugar, well beaten eggs, milk and lemon. Sift dry ingredients and add to mixture. Chill overnight in refrigerator, well covered. Roll thin and sprinkle with sugar. (Use as little flour as possible when rolling.) Leave cookie dough in refrigerator, taking out only one rolling at a time. Makes 3 dozen cookies.

Lola Waller, Old Richmond

CRULLERS

½ cup butter	1/3 level tsp. salt
1 cup sugar	3 level tsp. baking powder
2 eggs	1/3 tsp. grated nutmeg
1 cup milk	
about 3 cups flour	

Beat the butter and sugar together; add the beaten eggs and milk, then the flour, salt, baking powder and nutmeg which has been sifted together. Roll out and cut and fry golden brown in deep fat. Drain and sprinkle with sugar.

Lola Waller, Old Richmond

MORAVIAN COOKIES

1¼ cups butter or homemade lard
1¼ cups brown sugar
1 pint molasses
1½ tbsp. soda
½ tbsp. nutmeg
1 tbsp. cinnamon
1 tbsp. allspice
1 tbsp. ginger
2 tbsp. (wine or brandy--I use grapejuice)

Enough flour to make stiff dough. Knead until smooth and satiny. Keep in refrigerator until you are ready to roll and bake them. It rolls better after it is chilled. Roll paper thin and bake on a low heat.

Mrs. Walter Lucker, West Forsyth

CARRY WELL BANANA CUPCAKES

¼ cup shortening
½ cup sugar
1 egg
½ tsp. vanilla
1 c. plus 2 tbsp. sifted flour
2 tbsp. sour or buttermilk
1¼ tsp. baking powder
¼ tsp. soda
¼ tsp. salt
½ cup mashed bananas

Cream shortening, gradually add sugar and continue beating until light and fluffy. Add egg and beat again until fluffy. Stir in vanilla. Sift together dry ingredients. Add, alternating with bananas and milk beating after each addition. Pour into baking cups and bake in 375 oven about 20 minutes or until done. Remove from oven and spread top with a mixture of 1½ tbsp. melted butter, 2 tbsp. brown sugar and ¼ cup finely chopped nuts. Return to oven and bake 2 or 3 minutes longer to set topping. Makes 12 medium size.

Excellent for lunch boxes or picnics.

Mrs. K. R. Knight, College Park

RAISIN CAKE

2 cups sugar
2 eggs
¼ lb. butter
1 cup hot raisin juice
1 box raisins
3 cups flour
2 tsp. nutmeg
2 tsp. cinnamon
1 tsp. vanilla
1 tbsp. soda

Cream sugar, eggs and butter. Boil box of raisins to get juice. Add flour sifted with nutmeg and cinnamon. Add all ingredients and mix thoroughly. Bake in loaf pan until done.

I got this recipe from an aunt. She said she had used this all her married life.

Pear Fair, Vienna

VINEGAR TAFFY

2 cups sugar
1/8 tsp. cream of tartar
2 tbsp. butter
1/2 cup vinegar
few grains of salt

Combine ingredients. Boil to hard stage--test in cold water. Pour onto buttered platter. Start bringing edges to the center with a fork, and as soon as it's cool enough to not burn your hands, pick up with buttered hands and start pulling. Pull till it's white and porous. Pull into a long rope, and twist as you put it down onto buttered platter. Cut into one-inch pieces.

> I can remember pulling this candy, before I was allowed to cook it. I know this recipe is at least 45 years old, and I have no idea how much older. We liked to make this on cold snowy, winter days--sure passed the time when we were snowed in.

Wilma Stilley, Clemmons I

MOLASSES CANDY
(Ole Fashioned Taffy Pull)

2 cups molasses
1/2 cup brown sugar
2 tbsp. butter
1/4 cup water
1 tbsp. vinegar--add soda just before removing from heat
1/4 tsp. soda

Cook ingredients, stirring constantly until sugar is dissolved. Cook to hard ball stage (260°); test in cold water, a small amount forms a hard ball. Pour into a well buttered platter, or pan. When cool enough to handle, rub butter on hands, take a small amount and pull until light golden in color, and candy has a satin-like finish. Pull into long strips, 3/4 inch diameter, cut with scissors (rubbed with oil or butter) into 1 inch pieces. When cooled, wrap each piece in waxed paper.

> One of my happiest childhood memories was going home with my cousins when they were making molasses. My aunt, their mother, cooked the candy, and let us pull the taffy. Oh! happy time! in the Blue Ridge Mountains of Virginia.

Stella Mae Essex, Clemmons I

RAISIN CAKE

1/2 box of raisins
(8 oz. will be enough)
1/2 cup butter or margarine
1½ cups sugar
3 eggs
1 c. water off cooked raisins
1 tsp. soda
1 tsp. vanilla
flour presift measure
3 cups flour
1/2 tsp. cloves
1 tsp cinnamon
1 tsp. nutmeg
2 tsp. baking powder

Boil raisins in 1 quart water (about 20 minutes.) Reserve 1 cup water. Drain raisins well.

Sift dry ingredients, together cream margarine and sugar, add eggs, one at a time, continue creaming. Dissolve soda in hot water; add 1/3 of dry ingredients, then liquid alternate; last well drained raisins.

Can be baked in three layers 375°, 25 minutes or until done; or 1 large tube pan greased well and dusted, 325° or 350° - 1 hour or until done. Good plain or iced, with caramel icing.

An old recipe. Raisins cost 5¢ a box when Grandma Woosley used this recipe.

Florence Essex, Clemmons I

CARAMEL OR BROWN SUGAR ICING

1 stick margarine
1 lb. light brown sugar
1 small can evaporated milk
  or 1/2 cup half and half

1/2 tsp. vanilla
1/2 tsp. lemon
1/2 tsp. baking powder

Melt margarine in heavy saucepan, add brown sugar, mix well, add milk, cook over slow heat, stirring constantly, until soft ball stage. Set off, let cool 5 minutes. Add flavoring and baking powder. Beat well. If this gets too thick to spread, add a little milk. Spread on sides and top of cake.

Florence Essex, Clemmons I

PASTRY

The Rumford complete Cook Book, published in 1908 gives this interesting information on making a fine pastry. The spelling is correct in the following - it was really called paste.

In making pastry the best results are obtained by having all the ingredients as cold as possible, and keeping them so till the pastry goes into the oven. It is the sudden change in temperature, as much as the actual ingredients used, that makes pastry light. If soft butter and lukewarm water are used the result must be poor pastry - tough and not appetizing.

For plain paste, lard or a mixture of lard and butter should be used; for very plain crusts, lard and good beef drippings; but for puff paste, butter must be used.

It is often desirable to have pastry that is light, flaky and tender without being too rich, and this result can be attained by the addition of a little Rumford Baking Powder and the reduction of the amount of fat used. Where a rule calls for one and one-half cups of flour and two-thirds of a cup of fat- lard or butter- the housekeeper may take half a cup of fat and a teaspoonful of Rumford Baking Powder to the cup and a half of flour, and have equally good results as to appearance and flavor, at much less expense.

All paste is better if chilled before it is baked. If convenient it should be made the day before it is to be used.

In making fruit pies always put the sugar with the fruit - not on top - or the crust will be soggy.

A marble or slate pastry-board and a glass or china rolling-pin are the best for pastry, because of their coldness; but if the ordinary utensils are cold, good results will be obtained.

SHORT PASTE

3 cups flour
1 tsp. salt
1 tsp. Rumford Baking Powder
(reckon Calumet would work)
1 c. lard, or lard and butter
Ice-cold water to mix-about 1-1/2 cups

Sift together the flour, salt and baking powder; rub in lightly with the fingers the lard and butter, mix to a firm dough with the ice-cold water and roll out once on a floured board. Use for whatever purpose desired.

Eva Rice, Broadbay

CHESS PIE

Serves 6-8

4 eggs	1 tsp. vinegar
1 lb. of light brown sugar	2 tsp. vanilla
1 stick of butter	1-9 inch unbaked, pie shell
pinch of salt	

Mix above ingredients and pour into 9-inch unbaked pie shell. Bake at 325°F for 30-35 minutes.

This is a very old recipe from my Grandmother Pegram, who died at the age of 90 in 1940. She told me that during the "Civil War" they often called this pie "The Brown Sugar Pie."

Lake Johnson, Sedge Garden

EASY NO-FAIL CHESS PIE

1 pie shell	1/8 tsp. salt
2 eggs	1 tbsp. milk
1 tbsp. flour	1 tsp. vanilla
2 cups brown sugar	1/2 stick margarine

Melt margarine, add other ingredients. Pour into pie shell. Bake slowly.

Old Richmond

GRAPE PIE

1/2 qt. grapes	2 tbsp. butter
3 eggs	1 cup milk
1/2 cup sugar	4-1/2 tbsp. flour
pinch of salt	1 baked pie shell

Combine sugar, flour & salt. Add egg yolks, slightly beaten. Gradually add milk and grapes. Cook until thick, then add butter and pour into baked pie shell. Cover with meringue and bake 15 to 20 minutes at 350 degrees.

An old recipe from: "the Cooks at Pawley's Island"

Eva Rice, Broadbay

LEMON PIE

1 rich unbaked pie shell	1 cup sugar
grated rind and juice of one lemon	1 heaping tbsp. corn starch
3 egg yolks	butter size of walnut
1/2 cup milk	

Mix the lemon rind and juice, egg yolks, milk, sugar, corn starch, and butter. In another bowl beat 3 egg whites, beating in 1/2 cup sugar. Fold this into the previous mixture. Bake at 400° for 10 minutes, then lower to 350° and bake for 25-30 minutes.

Stella Mae Essex, Clemmons I

SWEET POTATO PIE

4 or 5 sweet potatoes, boiled
1½ cups sugar, or sweeten to taste
1 stick butter, not margarine
1 cup sweet milk
1 tsp. nutmeg or more
1 tbsp. vanilla flavoring
1 egg (beaten)
2 unbaked, pie shells

Mix boiled potatoes with butter and sugar. Add beaten eggs, add milk, nutmeg and flavoring. Fill two unbaked pie shells. Bake at 350 degrees for about 35 minutes or until firm. Makes 2 pies.

Mrs. Felolia Jones, Ogburn Station

HYPOCRITE PIE

Line your pie pan with regular unbaked pastry. Cover with a fairly thick layer of cooked dried apples, peaches, or damsons that have been mashed and sweetened. Make up a custard mixture of 1 beaten egg, 1/4 c. sugar, 1 heaping teaspoon flour, 1/2 tsp. vanilla, 3/4 cup milk and pour over the fruit. Bake at 400° about 20 minutes. Reduce heat to 350° and bake until done. The damsons do not have to be mashed and the apples are better with a little allspice. This is called hypocrite pie because it looks like "what it aint." This was my mother, Mrs. Bertha Hall Hauser's recipe.

Mabel White, College Park

HYPOCRITE (SCHNITZ CUSTARD) PIES

2 pastry shells, unbaked
3 cups Schnitz (dried apples) cooked, mashed and sweetened to taste
2 cups milk
1/2 cup sugar
1 tbsp. cornstarch
1/4 tsp. mace
1 tsp. vanilla
dash salt
4 eggs

Line 2, 9-inch pie pans with pastry. Spread 1½ cups of cooked Schnitz over bottom of each. Beat eggs until foamy, gradually mix in remaining custard ingredients. Pour one-half of this mixture into each pan. Place in 400° oven for about 12 minutes. Lower heat to 325° and bake about 35 minutes longer. Good served warm.

Mrs. Ricks Sink, Sunset Hills

DRIED SNITZ PIE

2 cups dried apples
1/4 tsp. powdered cloves
1/2 tsp. cinnamon
2/3 cup sugar
1½ cups water
Pastry for 2 pies

Soak apples in 1½ cups warm water. Cook apples in water.

When soft, mash, add sugar and spices. Put mixture in pie shell and top with top crust and bake. Bake at 400° for 20 min.

My grandma's recipe.

Mrs. T. A. Kimball, Sunset Hills

FRIED PIES

Soak dried apples (after washing) in cold water overnight, stewing until tender in just enough water to cover. Mash through a sieve and season to taste. Cook till thick, adding sugar, salt, and spices, after mashing. When thick, lay a spoonfull on a circle of pastry, turning one-half over the apple, pressing the edges closely together. Brush the pastry over with beaten egg, and fry in deep hot fat 6 minutes.

Mrs. Carlos Conrad, Old Town

QUICK APPLE PIE

3 large apples, or enough to
  fill an 8-inch pie plate
Sprinkle with 1/4 tsp. cinnamon
Add 1/2 cup water

Put in bowl:
1 c. sugar
1 c. sifted flour
1/4 c. of butter

Work this together with your fingers until it looks like corn meal. Put this mixture on top of the apples and bake in oven until brown and the apples are done.

Mrs. R. C. Ryan, Sunset Hills

Good

JOHNNY PIE

1 c. brown sugar
4 level tbsp. flour
1/8 tsp. salt
1½ cups milk
2 tbsp. butter
cinnamon

Mix sugar, flour, salt, add milk and stir until dissolved. Pour into unbaked pie shell, dot with butter and sprinkle with cinnamon. Bake in 350° oven about 25 minutes or until softly set.

This is a pie my mother made with leftover pie "dough" from fruit pies for us children. We always hoped there would be leftover dough.

Mrs. Ricks Sink, Sunset Hills

FRIED MOON PIES

Cook dried peaches or apples until done. Make and sweeten to taste. Flavor apples with allspice. Use regular pastry and roll out in circles of desired size as for pie crust (almost 6 inches in diameter is nice). Put a layer of sweetened fruit on lower half of circle. Fold over other half and seal pastry around edges by crimping with fingers or fork. Fry in heavy black iron skillet which contains about 1/2 inch hot lard.

This recipe has just always been in our family. I guess it came from my grandmother Florella Davis Hall.

POTATO JACKS

Boil sweet potatoes, mash (after peeled) and sweeten. Using regular pastry and make as fried moon pies.

This was my mother-in-law's recipe, Mary J. White in Perquimaus County. These pies are as popular in eastern North Carolina as fried apple pies are in the piedmont.

Mabel White, College Park

OLD FASHIONED EGG CUSTARD

Take half a stick of real butter, 1 level tbsp. flour, yellows of three eggs, cup of sugar, and heat together. Put a lot of nutmeg in a cup of milk and add. Pour uncooled mixture into a pie shell and cook until done. Shake to see if it is done.

To make meringue topping:

Use three egg whites, 1/2 tsp. cream of tartar, dash of salt, and two tbsp. sugar to each egg white. Beat until it stands in peaks but is not dry. Spread over filling. Bake 10 minutes at 400° or until meringue is golden.

Myra L. Blaylock, College Park

BUTTERMILK CUSTARD

2 cups buttermilk
1 large tbsp. butter
4 eggs; very little soda
1½ cups of sugar
1 tbsp. flour

Flavor with lemon and bake in rich crusts.

This recipe was taken from: "The North Carolina Cookbook"--about 100 years old.

Jane Porter, Highland

PINEAPPLE PIE

1 small can crushed pineapple	2 eggs
1/2 cup butter	unbaked pie shell
1 cup brown sugar	
1 tbsp. flour (I use a little less)	

Cream butter, sugar, flour and egg yolks. Add pineapple. Then add well beaten egg whites. Pour into unbaked pie shell. Bake until brown.

Mrs. I. B. Williams, College Park

TOMATO PIE

1 unbaked pie crust	1/2 tsp. cinnamon
3 or 4 med. size ripe tomatoes	1/8 tsp. salt
3 tbsp. flour	1½ tbsp. butter or margarine
3/4 c. sugar	

Mix together dry ingredients and place about 2/3 of the mixture in the bottom of pie crust. Slice tomatoes onto mixture, and top with remaining 1/3 of the dry mixture. Dot with butter. Bake at 425° for 20 minutes then reduce heat to 400° for about 15 minutes or until thick and bubbly.

This idea of using some of those ripe tomatoes in summer goes back to my grandmother who made it with a pinch of this and a dash of that. My mother, Mrs. Helen Hege, worked out the recipe for me in exact amounts. **Mrs. Edward Crook, Griffith**

PUMPKIN PIE

2 c. cooked pumpkin	1/2 tsp. spice or to taste
2 eggs, beaten	1/2 c. sugar
1/2 c. milk	Mix until smooth

1 unbaked pie shell
1/4 c. chopped pecan
1/4 c. brown sugar

Spread on top of pie shell. Heat in oven until hot and sugar is melting. Add filling to pie shell

TOPPING:

1/2 stick margarine
1/2 c. oatmeal
1/2 c. sugar

Mix together--sprinkle on top of pie. Bake until brown 30-40 minutes at 350°.

A very good pie. I combined Mrs. Wade Baity's topping, Carole Pendergrass' Pie Shell topping with my mix.

Mrs. George Pendergrass, Vienna

CHOCOLATE PIE

3 tbsp. butter
1 c. sugar
1/4 c. flour (I use a little less)
1 egg well beaten

1½ cups milk
2 squares chocolate
1 tsp. vanilla
Baked (8 in) pie shell
Whipped cream

Cream butter until soft. Mix sugar and flour together, add to butter, blend. Combine beaten egg and milk, stir into first mixture. Break chocolate into small pieces, add, and cook entire mixture in top of double boiler until thick and smooth, stirring frequently. Add vanilla. Pour into baked pie shell and cool. Top with whipped cream.

Mrs. Maud New, College Park

CHOCOLATE PIE
(An Old Recipe)

1 unbaked pie shell - 350°-40 minutes plus:

1 cup sugar
3 tbsp. cocoa
1 tbsp. flour
3 egg yolks-beaten
1 cup milk
1 tsp. vanilla

2 tbsp. margarine
  melted, cooled
Meringue:
3 egg whites
6 tbsp. sugar
1 tsp. vanilla

Note: Mrs. Blanche Woosley's delicious chocolate pie recipe.

Stella Mae Essex, Clemmons I

Mix sugar and cocoa. Add other ingredients and mix well. Pour into unbaked pie shell and bake til done, about 40-50 minutes. Add meringue and brown.

CITRON PIE

Melt: 4 tbsp. butter
Add: 7/8 cup sugar
  1 tbsp. flour
  Mix well

Add: 1 beaten egg
  1/2 tsp. vanilla

Mix well. Pour into unbaked pie shell. Bake in hot oven (400°) until firm.

This recipe came down through the Hutchison Family and has been used since the late 1890's.

Katherine H. Robertson, Pine Grove

RHUBARB CUSTARD PIE

1 cup rhubarb, cut fine
3/4 cup sugar
1 tbsp. of butter
1 egg beaten
1 square cracker rolled

Stir all together and let stand while you are preparing the crust.

This recipe was taken from: "New Home Cook Book"--Springfield, Mass.--copyright, MDIVXXII

Mrs. Shirley G. Shutt, Jonestown

COCONUT PIE
(For 2 pies)

1 stick margarine
2 cups sugar
1 cup buttermilk
2 cups coconut
4 eggs
vanilla
1 unbaked pie shell

Combine ingredients and place in unbaked pie shell. Bake in 350' oven, approximately 25 to 30 minutes.

Mrs. Dot Holleman, Sedge Garden

COCONUT BUTTERSCOTCH PIE

3/4 cup sifted flour
1½ cups brown sugar
¼ tsp. salt
3 cups milk, scalded
3 egg yolks, slightly beaten
4 tbsp. butter
1½ tsp. vanilla
1 cup coconut
1 nine inch baked pie shell
6 tbsp. sugar
3 egg whites stiffly beaten
½ cups coconut

Combine flour, sugar and salt. Add milk gradually. Place into double boiler and cook until thicken, stirring constantly. Pour a small amount of mixture over egg yolks. Return to double boiler and cook 3-4 minutes longer. Remove from stove, add butter, vanilla and 1 cup coconut. Cool and pour into pie shell. Top with meringue; make by folding sugar into egg whites. Sprinkle with 1/2 cup coconut. Bake at 350° for 12-15 minutes or until delicately brown.

Nelda McElrath, Mt. Tabor

BUTTER TARTS

1/4 cup butter
1 cup brown sugar
2 eggs
1 cup currants or raisins
1 tbsp. lemon juice

Cream butter and sugar together very thoroughly. Add eggs well beaten, then currants and lemon juice. Line muffin tins with pastry, fill 3/4 full with mixture. Bake at 425 degrees for 12 to 18 minutes. Makes 12 to 18 tarts according to size.

Audrey Davidson, Jonestown

LEMON PIE

the grated rind &
  juice of one lemon
3 egg yolks
1/2 cup sweet milk
1 tbsp. cornstarch or
  flour
1 cup sugar
butter size of
  a walnut
2 pie crusts

Beat above together & bake in a rich unbaked crust. Make a meringue of 3 egg whites, beaten, and 1/2 cup sugar-put this on top of pie after pie is done and cooled a bit. (Put back in oven and brown.) Delicious. (Makes 2 small pies.)

This recipe was taken from: "Farmington Cook Book"--published in 1924 by Miss Margaret Brock. We have used it ever since.

CHOCOLATE CUSTARD

Cream Together:
2 cups sugar
1/2 cup butter
5 eggs (3 yolks
  and 2 eggs)
1½ cups sweet milk
2 tbsp. flour
2 tbsp. chocolate
  dissolved in hot water
1 tsp. vanilla

Use the three egg whites for frosting.

Bake custard in unbaked pie shell at 375°. When done cool and add frosting.

This recipe was taken from: "Farmington Cook Book"--1924 by Mrs. Max Brock. We find it delicious.

Mrs. Angie Conrad Stonestreet, Vienna

FOAMY SAUCE

1/4 cup butter	1 gill of boiling water
1 cup of powdered sugar	1 gill of sherry or a teaspoon of vanilla
whites of two eggs	

Beat the butter to a cream, then add gradually the sugar, and beat until white; then add the white of one egg unbeaten, beat again, then add the remaining white, and beat the whole until very, very light. When ready to serve, add the sherry or vanilla and boiling water, stand the bowl in a basin of boiling water over the fire, and stir until frothy, no longer. Take from the fire, and service immediately, or it will lose its lightness.

This recipe was taken from: "Mrs. Rohrer's Cook Book" -- published about 100 years ago --

Mrs. T. J. Robertson, Old Town

THE PUDDING OF LONG AGO

4 large tart apples	1/2 of a nutmeg, grated
4 ounces of stale bread crumbs	1/2 tsp. of salt
1 tsp. of cinnamon	4 eggs

Pare and chop the apples very fine; mix them with the bread crumbs. Beat the eggs separately until very light, then add the yolks to the crumbs, stir in the whites carefully, add the salt, cinnamon, and nutmeg; mix carefully, and boil in a greased mould three hours. Serve hot, with Foamy Sauce. Good.

This recipe was taken from: "Mrs. Rohrer's Cook Book" --

Mrs. T. J. Robertson, Old Town

GRATED SWEET POTATO PUDDING

1 qt. grated sweet potato	10 eggs, well beaten
3 cups sugar	1 cup flour
1 cup butter	1 quart milk

Bake slowly in a pan. Serve with sauce.

This recipe was taken from: "The North Carolina Cookbook"--

Jane Porter, Highland

APPLE MERINGUE PUDDING

1 pint stewed apples	1 tsp. butter
3 egg whites and yolks, separate	1 tsp. cinnamon and butter mixed
1/2 cup white sugar	1 tsp. essence bitter almond flavoring (for the meringue)

Sweeten and spice. While the apple is still very hot, stir in butter. A little at a time, add yolks. Beat all until light. Pour into a buttered dish and bake for ten minutes. Cover. Do NOT remove from oven until done. With a meringue made of the beaten whites, add two tablespoons of white sugar and bitter almond seasoning. Spread smoothly and quickly close the oven again and brown very lightly.

Eat cold with white sugar sifted over top and pass cream to pour over it instead of sauce.

This recipe was taken from: "The Common Sense Household Cookbook", edited 1880

Mozelle Miller, Bethania

BIRD'S NEST PUDDING

Peel and core enough apples to fill a pudding dish; fill centers with raisins, currants and citron; flavor with cinnamon, and after sprinkling with sugar, pour in water and let bake, not too soft. When done make a sponge cake batter, flavor with vanilla and pour on top. Let this bake; then serve with any good rich sauce.

STEAMED CHOCOLATE PUDDING

One square chocolate, butter size of walnut, one-half cup each of sugar and sweet milk, one beaten egg, one cup flour, one teaspoon baking powder. Steam one and a half hours.

Sauce: Butter size of an egg creamed with a cup of confectioners' sugar. Add one well-beaten egg and flavoring.

These recipes were taken from: "The Twin City Housewife"--

Mrs. H. L. Nunn, Pine Grove

PLUM PUDDING

1½ tsp. allspice	½ c. molasses
3 c. flour	½ c. sugar
1 c. raisins	1 c. milk
1 c. suet	1 apple, chopped
	1 egg

Grind suet. Add rest of ingredients. Put in a greased mold or can and steam for 3 hours.

This recipe I have probably used for at least 40 years. Until this last summer I was a resident of Hudson and Bolton, Massachusetts.

Beulah M. Grandy, Jonestown

BROWN BETTY

One loaf of stale bread, crumbled fine, one half cup of milk, and twelve apples. Alternate layers of bread and sliced apples, sugared, buttered, and spiced. Moisten with the milk. Bake in a tin pudding-pan for three hours.

POOR MAN'S PLUM PUDDING

One cupful of molasses, one cupful of suet, chopped very fine, beaten smoothly together; one teaspoon of salt and one of soda mixed through a half-pound of flour, one pint of milk, one pound of raisins, seeded and chopped, and half-pound of sliced citron. Boil three hours.

These recipes were taken from: "The Latest and Best Cook Book"--edited by a Skilled Corps of Practical Experts 1888

Mrs. H. L. Nunn, Pine Grove

BREAD PUDDING

4 slices bread
2 cups milk
1/2 stick margarine
1/2 cup sugar
1/2 cup raisins
1 teaspoon vanilla

Bake at 350 degrees until firm.

Rachel Hester

CHOCOLATE BREAD PUDDING

1½ cups bread crumbs (like cold homemade biscuit crumbs best.)
1 cup sugar
3 tbsps. cocoa
2 cups sweet milk
2 eggs
1 tbsp. vanilla

Mix all together, put in a baking dish and dot generously with butter. Let cook until set, stirring once or twice while cooking.

Mrs. Walter Tucker, West Forsyth

PERSIMMON PUDDING

2 cups persimmon pulp
2 cups sugar
2 cups flour
½ cup butter
3 large eggs
1 1/3 cups sweet milk
2/3 cup butter milk
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon spice
1 teaspoon nutmeg
1 teaspoon vanilla

Mix spices with flour and sift in before adding milk.

Bake at 300° 45 to 60 minutes.

Etta Mae Steen, Sedge Garden

PERSIMMON PUDDING

1 qt. persimmons (mashed through a sieve)
1 qt. sweet potatoes (mashed)
1 qt. sweet milk
3 cups flour
1 cup bread crumbs
3 eggs-separate-heat-then mix
2½ cups brown sugar
3 tbsp. butter
1 tsp. vanilla
1 tsp. allspice
1 tsp. cinnamon
1 tsp. baking powder

Mix together and bake in an oven at 375° until pudding shrinks from sides of pan.

Delicious served with whipped cream.

Mrs. T. J. Robertson, Old Town

PERSIMMON PUDDING

1 qt. persimmons (put through colander)
1 pt. water
1½ cups brown sugar
1 cup flour
½ tsp. salt, sift with flour
½ tsp. soda in milk
½ cup buttermilk
1 tsp. allspice
½ tsp. cinnamon
2 eggs and 1 large sweet potato, grated
1/2 cup raisins or cherries

Put dots of butter on top. Cover. Bake 45 minutes in modern oven at 325°.

This recipe is over 75 years and was handed by my mother Mrs. W. F. Grubbs.

Mrs. T. P. Hand, Hickory Ridge

PERSIMMON PUDDING

½ lb. butter
2 cups sugar
4 eggs
1 cup buttermilk
2 cups flour
2 cups pulp

1 tsp. baking powder
1 tsp. soda
1 tsp. salt
½ tsp. allspice
½ tsp. nutmeg
½ tsp. vanilla

Cream, butter and sugar together, then add eggs one at a time. Sift together flour, baking powder, salt and spices. Put 1 tsp. baking soda into buttermilk and let stand a few minutes. Stir flour mixture, milk, and pulp alternately into creamed butter and sugar. Cook 1 hour at 300 F.

Mrs. Ruth Bunting, Sedge Garden

PERSIMMON PUDDING

1 pint of persimmon pulp
2 eggs
1 cup buttermilk
½ cup butter
1½ cups sugar (white)

2 cups flour
½ tsp. cloves
1 tsp. cinnamon
1 tsp. soda

In large mixing bowl, combine all ingredients. Mix well. Pour in loaf pan. Bake at 325° about 45 minutes to 1 hour. Leave in pan until cold. Cut in squares before removing.

Lacie Pegram, West Forsyth

PERSIMMON PUDDING
(the way my mother made it)

1 pt. persimmon pulp
2 large sweet potatoes grated
2 c. sugar
½ c. flour

2 eggs
butter (approx. ¼ lb.)
fresh cinnamon
milk (approx. 1 qt. or more as needed)

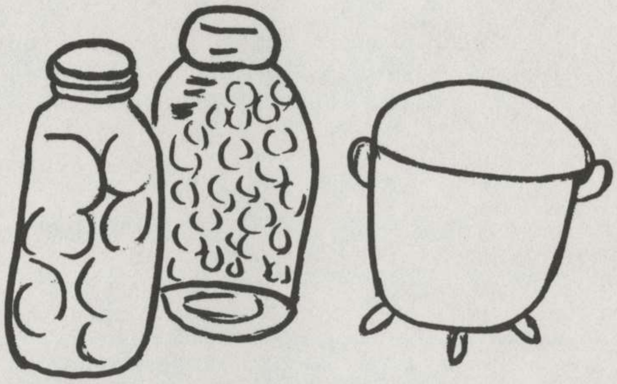
Cream sugar with soft butter. Add eggs and mix well. Add persimmon pulp and mix. Add flour and some milk. Then stir in sweet potatoes and add milk until mixture is thin and smooth. Place in large buttered baking dish (it takes 2 of mine), sprinkle with cinnamon. Bake 350°. When mixture begins to brown and thicken, stir mixture, and continue to stir about every 15 minutes until texture is as desired. Bake for about 1½ hour or 2 hours, pudding should be crumbly when done.

Old Richmond

Pickles

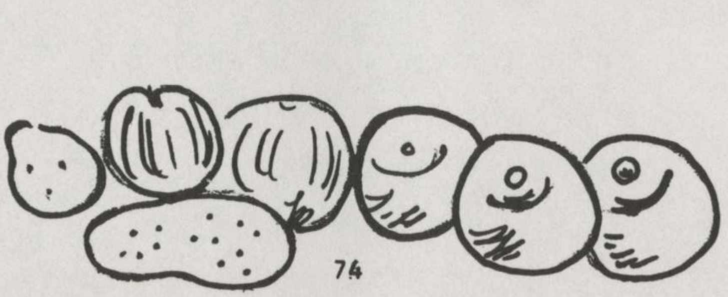
Jams-
Jellies

Conservation



Drying

Relish



LAZY WOMAN'S PICKLE

Pack whole cucumbers in 1/2 gallon jar; fill with vinegar. Add 2 tbsp. salt (pickling). Let set 6 weeks, will keep a year. Pack a layer of cucumbers and a layer of sugar until 2 (lbs.) of sugar is used up. Add 2 tbsp. of whole cloves, allspice, and a stick of cinnamon.

This recipe was taken from: "North Carolina Favorite Recipes Old and New"

Mrs. James Winfree, Sedge Garden

PICKLED SWEET CORN

Select sweet corn ready for immediate use, silk and cut away any impurities. Place in the wash boiler, cover with water and bring to a boil as soon as possible. Boil five minutes. Six dozen ears will fill a 2 gallon jar. As soon as the corn is cooled cut from the cob with a sharp knife into whole grains. Sprinkle with a layer of pickling salt in your jar, then mix 4 cups of corn to 1 cup of salt to fill jar. Press down in jar with wooden potato masher. Fill your jar in this manner to level full and put a plate and heavy weight on top. If there isn't enough juice to cover the corn in 24 hours, add a solution of 3 tbsp. salt to 1 cup water so corn is covered with brine. In two or three days a scum will rise, remove it all carefully. Tie a clean cloth over it and set in a cool place, and it will keep for months. Change crock as it becomes soiled. When roasting ears are a thing of the past, and you become "corn hungry" take your stewpan to the jar, fill it three-fourths full, cover with cold water and allow it to come to a good boil. Pour this off and put cold water on again and boil. When fresh enough to suit taste, season with sugar, pepper, flour and cream, and if you are a lover of corn you certainly will be suited with this.

This recipe was taken from: "Country Cooking"--an old cookbook which belongs to Martha Hogan's grandmother.

MINCE MEAT

4 pounds sugar
4 boiled calves tongues
2½ lbs. suet
2 pounds raisins
2 pounds currants
1/2 pound citron, cut fine
1/2 pound candied orange peel, cut fine
6 pounds chopped apples
1 tbsp. cloves

1 tbsp. cinnamon
1 tbsp. allspice
2 nutmegs, grated
1/2 pound almonds, chopped
1 tbsp. salt
rind & juice of 4 oranges
rind & juice of 4 lemons
1/2 lb. candied lemon peel, cut fine
1 qt. brandy
2 qts. whisky

Chop the calves tongues very fine, add sugar, raisins, currants and citron. Mix all together. Chop apples fine (do not mash) and add to calves tongues. Add spices and suet, remaining fruit, almonds and salt, and mix thoroughly. Pour over this, the fruit juices and rind, the brandy and whisky. Put mixture into a crock and put on lid. Put in cool place for 3 weeks. Then add more salt and spices if needed. Let stand at least 4 weeks before using.

This recipe was taken from: "Fine Old Recipes".

Marie Charles, Broadbay

TOMATO CATSUP

4½ pounds ripe red tomatoes
boiling water
1 sweet red pepper
2 med.-sized onions
  peeled and quartered
1/2 tsp. whole cloves
2 (three-inch) sticks cinnamon,
  broken
1/2 tsp. celery seeds
1/2 tsp. dry mustard
1 tsp. paprika and
  1/4 tsp. cayenne
1 tsp. salt and 1/2
  cup sugar
1/2 cup cider vinegar

Wash tomatoes, pour boiling water over, and let stand 5 minutes. Drain. Rub off loosened skins, cut out stem ends, and quarter. Wash pepper, drain, and cut in half. Remove seeds and fibers and cut into thin strips. Put all vegetables through grinder together, using fine knife. Cook in agate or enamel kettle over low heat about 30 minutes; stir frequently with wooden or enamel spoon. Press cooked vegetables through fine agate or enamel colander; return to kettle; bring to boiling, and boil 30 minutes, until mixture is slightly thickened. Stir frequently. Tie up allspice, cloves, and cinnamon in small piece of cheesecloth; add to kettle with remaining spices, sugar, and vinegar. Stir until sugar is dissolved; continue cooking over low heat until very thick, about like commercial catsup. Stir frequently. Remove spice bag. Pour hot catsup into hot sterile glass jars; seal and process 10 minutes at simmering temperature. Makes about 2 pints.

This recipe was taken from: "Old Time Pickling and Spicing Recipes".

Eva Rice, Broadbay

PICKLE POLK STALKS

To pickle polk stalks, use only tender stalks not over six inches high, cut in three-inch lengths. Skin the polk stalk. Trim off leaves. Cook in clear water about five minutes. Discard water. Cover again with salted water and boil about five minutes or until tender. Discard water. Pack stalks vertically in jars. Cover with the following solution:

To each pint of vinegar, add 1/2 tsp. mustard seed and 2 tbsp. sugar. Heat to boiling and pour over pickles. Seal and process for 10 minutes at simmering temperature.

Ella Stewart, Broadbay

PICKLED EGGS AND RED BEETS

Boil young beets until tender. Skin and cover with the following liquid. Boil together for 10 minutes:

- 1/4 cup brown sugar
- 1/2 cup vinegar
- 1/2 cup cold water
- small piece of cinnamon
- 3 or 4 cloves

Let beets stand in this liquid in refrigerator for several days. Remove beets and add whole hard cooked shelled eggs to the liquid. Let pickle in refrigerator for two days before using. (Good for Easter).

This recipe was taken from: "Fine Old Recipes".

Marie Charles, Broadbay

PICKLE BEETS

- 2 c. cider vinegar
- 1 c. beet water
- 1 c. sugar
- 3 qt. beets
- 1 c. sugar
- 1 tsp. salt
- 2 tbsp. mixed spices (tied in cloth)

Boil beets until tender (saving the water to use in vinegar mixture.) Peel. Drop beets into boiling vinegar mixture. Heat thoroughly. Pack in hot jar and pour hot vinegar mixture over them. Seal and process for 10 minutes at simmering temperature. Makes 3 quarts.

Hattie Winfree, Sedge Garden

BESS'S CHILI SAUCE

- 18 large tomatoes
- 6 onions
- 3 green peppers
- 2 cups vinegar
- 1 cup sugar
- 2 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. allspice
- 1 tsp. nutmeg
- 1/2 tsp. cloves

Cook tomatoes, onions and peppers until tender. Add sugar and spices and cook until thick. Seal in hot jars and process for 10 minutes at a simmering temperature--about 180°.

This recipe belongs to my older sister and has been used by the family since the early 1900's.

Katherine H. Robertson, Pine Grove

PEPPER RELISH

12 green pods sweet pepper
12 red pods sweet pepper
9 big onions
2 or 3 pods strong pepper
12 green tomatoes
1/2 pt. vinegar
1/2 pt. sugar

Pour boiling water over and let stand 5 minutes. Drain water off, add sugar, vinegar, let come to boil. Put in cans and seal. Process 10 minutes at a simmering temperature. Makes 3 quarts. Now I add mixed spices but evidently they did not have them. This came from grandmother.

Pearl Fair, Vienna

SWEET PEPPER RELISH

12 large red peppers
12 large green peppers
15 medium size onions

Put through food chopper. Cover with boiling water and let stand 10 minutes. Drain until quite dry.

Add:

2½ cups vinegar
1 cup water
3 cups sugar
3 tbsp. salt
2 tbsp. celery seed

Boil 15 minutes. Put into hot sterilized jars and seal. Process for 10 minutes at a simmering temperature--about 200°. This is a very old recipe. I have been using it for 40 years. It's delicious with vegetables or meat. I have used it in potato salad.

Mrs. T. J. Robertson, Old Town

MAKING APPLE BUTTER

For this purpose I prefer Ben Davis apples, as they cook so nice. I pare, core, quarter and put them into my enameled preserving pan with enough water to cover; cook until no water remains and apples are a dark red color. I then measure apples and put in just half as much sugar as fruit; then boil until butter is very stiff. Pour hot fruit butter into hot sterilized jars. Process at simmering temperature, 180° for 10 minutes.

This recipe came from: "Country Cooking"--that belonged to Martha Hogan's grandmother.

MULBERRY JAM

Spread a cloth under the mulberry tree. Shake off the berries then put them in water. Take up a handful at a time and look them over. When you have a quantity ready, take just as much rhubarb, peel and slice and mix with the mulberries. Cook them together and put in just as much sugar as you have of the fruit. Cook and stir until it is thick, and you will have a jam almost equal to raspberry jam. Put hot jam into sterilized jars. Process for 10 minutes at simmering temperature, 180°.

RHUBARB JAM

2½ pounds rhubarb	1/2 cup water
1½ pounds sugar	2 oranges (rind & juice)

Wash and skin the rhubarb and cut into small pieces; add sugar and 1/2 cup of cold water. Grate the rind of the oranges and add to the rhubarb. Add the orange juice and rind and cook for 30 minutes, stirring occasionally. Pour into sterilized glasses and seal. Process in hot water bath at simmering point, about 180° for 10 minutes.

This recipe was taken from: "Fine Old Recipes".

Marie Charles, Broadbay

WATERMELON RIND PRESERVES

Prepare rind in pieces about 1½ inches. Use 2 lb. sugar to 3 pounds rind. Pour sugar over rind and let stand overnight to toughen.

Bring to a boil and boil slowly. Add thin slices of lemon according to taste.

Cook until rind is tender and syrup begins to thicken. Pack hot fruit into sterilized jars and fill with syrup to within 1/2 inch from top. Seal and process at simmering about 180° for 10 minutes in a hot water bath.

This recipe was taken from: "Mrs. John Andrews, one of the best cooks in Wilkes County."

Hattie Winfree, Sedge Garden

GENERAL DIRECTIONS FOR MAKING PRESERVES

1. Select firm, ripe fruit and prepare according to fruit used.

2. Weigh prepared fruit and sugar. The proportions are usually 1 pound fruit to 3/4 pound of sugar. This, however, may vary.

3. Prepare syrup, bringing the sugar and fruit juice or sugar and water to a rolling boil.

4. Add prepared weighed fruit.

5. Cook rapidly in an open kettle until fruit is clear and translucent.

6. When fruit is done, remove from syrup and place in a shallow dish or enamel pan. Be sure not to let foam stick to fruit.

7. If syrup is not thick enough, cook until it reaches the desired consistency--not quite jell stage. If a thermometer is used, this stage is usually reached at about 222 degrees. If a thermometer is not available, cool a spoonful of syrup in a saucer and test the consistency.

8. Skim off foam. Foam does not cause spoilage, but it is unsightly. Pour hot syrup over fruit.

9. Cover pan with cheesecloth and let fruit mixture stand until cool. During this time the fruit absorbs much of the syrup and it will be a juicier product.

10. Sterilize jars by covering with water and boiling at least 10 minutes. Prepare tops according to manufacturer's directions.

11. Return fruit and syrup to a hot unit and bring just to boiling point. Do not re-cook.

12. Pack hot fruit into hot, sterilized jars and add syrup to fill jar to 1/2 inch of top.

13. Remove air bubbles, wipe top of jar. Adjust lid according to type used.

14. Cover jars of preserves with hot water and process at simmering point--180 degrees--for 10 minutes.

15. Store in cool, dark, dry place

INGREDIENTS NECESSARY FOR MAKING JELLY

Pectin--Pectin is a carbohydrate usually found just under the skin of certain fruits. The amount of pectin in fruit juice determines the amount of sugar to add. Fruit must be heated in order to extract pectin.

(1) Jelmeter--The jelmeter is a graduated glass tube with an opening at each end. The rate of flow of the juice through this tube is used as a measure of the jellying power of the juice and therefore, an index to the amount of sugar to be used. See manufacturer's directions.

(2) Alcohol--Mix one teaspoon grain alcohol and one teaspoon cooked fruit juice (cooled to room temperature) in a glass and let stand 1 minute. Pour mixture gently into another glass. If a solid mass forms, the juice will stand measure for measure of sugar. If the mass is slightly broken, it will be safer to use three-fourths as much sugar as juice. If only a small amount of pectin is present, one-half measure of sugar to a measure of juice is advisable. This is only a guide. Discard mixture.

Acid--Use firm mature fruits suggested for jelly making. There is no home test to determine the amount of acid present.

Sugar--Granulated sugar in definite proportions.

GENERAL DIRECTIONS FOR MAKING JELLY STOCK

Extracting Juice--Cook fruit in as little water as possible to extract juice. See recipes for specific fruits. Follow directions for time carefully as overcooking destroys the pectin.

Straining--After cooking the fruit, strain through cheesecloth without pressing. Pressing may cause a cloudy jelly. The juice is then restrained through a jelly bag.

Jelly Bags--Jelly bags are usually made from a square of white flannel with two adjacent sides French seamed. Loops may be added to the top so the bag may be hung.

Processing Jelly Stock--Sterilize jars by covering with hot water and boiling at least 10 minutes. Pour hot juice--at least 190 degrees--into hot, sterilized jars. Adjust lids according to the type used. Cover jars of jelly stock with hot water and process at simmering temperature--about 180 degrees for 10 minutes. Store in cool, dark, dry place until ready to make jelly. Leave any sediment that has deposited on bottom of jar.

GENERAL DIRECTIONS FOR MAKING JELLY

1. Sterilize jars by covering with hot water and boiling at least 10 minutes.

2. Re-strain fruit juice. This will make a clearer jelly.

3. Test fruit juice at room temperature for pectin by using the jelmeter or alcohol test.

4. Measure juice and sugar. Combine in a container large enough to permit rapid boiling. Better results will be obtained if jelly is made in small quantities--about 3 to 4 cups of juice.

5. Place on hot unit and boil rapidly.

6. If a thermometer is used, the jell stage is reached at about 222 to 223 degrees. If a thermometer is not available, the sheet test is often used. This is the stage at which the jelly sheets off the spoon and looks something like the illustration.

7. Skim foam off jelly and pour immediately into hot, sterilized jelly jars. Cover with thin coat of melted paraffin before lid is put on jar.

8. Store in dark, cool, dry place. Jelly is much better when freshly made. If fruit stock is made and processed during the productive season, jelly may be made in small quantities as needed.

GENERAL DIRECTIONS FOR JAMS

Description--Jams differ from preserves in that fruit may be crushed or cooked to pieces and may take on a semi jelly-like consistency.

Fruits Used--The same fruits used in preserves are used in jams, but generally the riper, less firm ones are made into jams.

1. Sterilize jars by covering with hot water and boiling at least 10 minutes.

2. Prepare fruit according to directions.

3. Usually 1 pound of fruit and 3/4 pound sugar are used. As in preserves and jelly, best results are obtained when small quantities are made at one time.

4. Put into kettle prepared fruit, sugar and enough water or fruit juice to prevent jam from burning. Stir and mash the fruit.

5. Cook slowly until the fruit and sugar forms a rather thick mass--or about 221 to 223 degrees, depending on desired consistency.

6. Put hot jam into hot sterilized jars to within 1/2 inch of top. Remove air bubbles.

7. Adjust lid according to type used.

8. Cover jars of jam with hot water and process 10 minutes at simmering point--about 180 degrees.

9. Store in dark, cool, dry place.

GENERAL DIRECTIONS FOR MARMALADE

Description--Marmalades are made from one or a combination of fruits, often including the citrus fruits. The fruit appears in small pieces through the clear, translucent jelly-like product.

1. Cover jars with hot water and sterilize by boiling at least ten minutes.

2. Prepare fruit according to directions.

3. Cook small quantities of prepared fruits and sugar together, to about 221-222 degrees. Stir frequently.

4. Put hot marmalade in hot, sterilized jars.

5. Wipe tops of jars. Adjust lids according to type used.

6. Cover jars of marmalade with hot water and process at simmering temperature--about 180 degrees--for 10 minutes.

GENERAL DIRECTIONS FOR CONSERVES

Description--Conserves are made from a mixture of several fruits often combined with raisins and/or nutmeats and sugar.

1. Sterilize jars by covering with water and boiling 10 minutes.

2. Select and prepare fruits, nuts and/or raisins.

3. Combine according to directions.

4. Cook a small quantity at a time to prevent burning.

5. Add nuts about 5 minutes before removing conserves from heat.

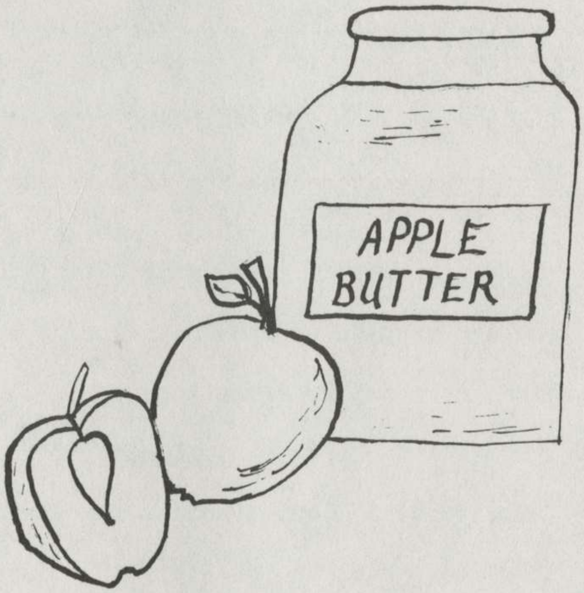
6. Pour hot conserves in hot sterilized jars, remove air bubbles and seal.

7. Cover jars of conserves with hot water and process 10 minutes at simmering temperature--about 180 degrees.

GENERAL DIRECTIONS FOR FRUIT BUTTERS

Description--Fruit butters are made from the fruit pulp which has been pressed through a sieve or colander and cooked with sugar until thick enough to spread. Add spices if desired.

1. Sterilize jars by covering with water and boiling 10 minutes.
2. Prepare fruit according to directions.
3. Combine prepared ingredients.
4. Cook in small quantities.
5. Cook slowly, stirring frequently to prevent burning.
6. Pour hot fruit butter into hot, sterilized jars.
7. Cover jars of fruit butter with hot water and process at simmering temperature--about 180 degrees for 10 minutes.



WINTER STORAGE OF VEGETABLES

Proper storage space for winter vegetables is important as it prevents rotting, shrinking and freezing.

Basement--A basement storage room should be as far away from the furnace as possible. Sometimes insulation is necessary. It should have at least one window for adjusting temperature and providing for circulation of air, or a ventilating pipe and damper.

It is best to have an earth floor as this keeps vegetables better.

Bins may be constructed for various products or they may be stored in boxes made with strips of wood to provide for circulating air. Barrels and baskets may be used.

Outdoor Pit or Bank--Select a location where drainage is good and excavate. Line with straw, leaves or other material. Stack vegetables in mound and cover over well with lining and finally with 6 inches or more of earth, depending on the climate. In cold climates the earth freezes deeper. The pit may be covered with straw, corn fodder or manure during very cold weather.

Outdoor Cellars or Caves--Cellars or caves are constructed outside in certain climates, where the water line is high or where houses do not have basements. A uniform temperature can be maintained during the whole year.

Storage cellars are made under ground, in hill sides, or in mounds above the ground. Where a hill side is available, an excavation is made into the hill, about the size of a cellar. A frame should be built and the pit walled up with boards or concrete. The whole structure should be well covered with dirt or sod. The cold climates require thick covering. Extra cold weather may necessitate extra covering of a layer of manure, straw, corn fodder or more dirt. The door should be of heavy construction and fit well. Some cellars are constructed with double doors with air space between to keep out heat or cold. A dirt floor is best because a certain amount of moisture is desirable. Shelves and bins should be constructed for storage.

SWEET POTATOES

Harvest before frost, handle very carefully so as not to bruise. Cure for a week or 10 days after harvesting at a temperature of 80° to 85° F. After this store in a dry place where the temperature remains around 50°F. Disturb as little as possible. If sweet potatoes are not keeping in winter storage, those firm ones may be canned.

IRISH POTATOES

Dig when ground is not wet. After harvesting dry in air 4 to 5 days, then store in baskets, boxes, bins or bags in a darkened storage place where temperature remains from 36° to 40°F. Good mature potatoes should keep well.

ONIONS

Pull out of earth when stems have wilted and broken over. Cure on racks in dry place away from sunshine. If few onions are to be cured, the tops may be braided and hung to dry. Move to cool storage before frost.

Outdoor Barrel Pit--This is a very convenient form. A barrel may be provided for each kind of food to be stored. Canned goods may also be stored in this manner.

PUMPKINS AND SQUASH

Harvest when mature, taking care to leave part of the stem on. Store in cool place where they will not freeze. 50°F. is the most desirable temperature.

CABBAGE

Pull plants up by roots and place upside down in 2 or 3 tiers, cover with dry sand and store in cellar or mound.

Outdoor Trench Method--Celery, celery cabbage, endive, leek, kale, collards, carrots, parsnips, turnips, rutabagas and cabbage may be stored by this method in climates that do not get much below 32°F. This method may also be used for fall storage in cold climates. Care should be taken to use the food or move it before the ground freezes.

CELERY
CELERY CABBAGE

Take up plants with a ball of earth adhering to the roots. Place closely side by side on basement floor, in boxes, in basements or in hotbeds. Apply water to soil to keep damp, but not to stems or leaves.

CARROTS, PARSNIPS, RUTABAGAS, TURNIPS, BEETS

Gather when mature, allow to cure in air one day. Store in dry sand box or bin in cool storage cellar, sunken barrel, or outdoor vegetable pit.

These recipes were taken from: "Food Preservation Guide"--by Rosina Maxwell--copyright 1942.

DRYING FRUITS AND VEGETABLES

Drying is one of the oldest methods of food preservation known to mankind. It also is one of the simplest methods. It requires only basic equipment. Any special equipment that is needed usually can be made at home at little to moderate cost.

Successful drying depends upon the removal of enough moisture from the food to prevent spoilage. This must be done as fast as possible at a temperature that does not seriously affect the flavor, texture and color of the food. If the temperature is too low at the beginning, the food may undergo undesirable microbiological changes before it dries adequately. If the temperature is much too high and the humidity too low, the water-filled cells of the food may expand and burst or the food may harden on the surface. This makes it more difficult for the moisture to escape and the food to dry properly.

Fruits and vegetables contain certain enzymes that are responsibile for their maturation, or their becoming ripe. These enzymes cause color and flavor changes, some of which may become more extensive when food surfaces are cut and exposed to air. The changes continue during drying and storage unless the enzyme activity is retarded or stopped. Therefore, pretreatment such as antioxidant coating, blanching, and/or sulfuring may be recommended.

Home drying, if done properly, can work well for many fruits and vegetables. There are, however, many variations in recommendations for treatment before drying, for methods of drying, for temperatures and length of drying time, and for conditioning prior to storage. You may have to use the "trial and error" approach in finding out which drying technique works best for your situation. (Canning and freezing are surer methods of food preservation because uniform procedures, based on research and widespread use, are recommended for these methods.)

Whatever method you use, keep these facts in mind:

+ Cleanliness and safety are important throughout the process.

+ The quality of the finished product can be no better than that of the raw material from which it is made.

+ The flavor of dried fruits and vegetables will be different from their fresh, canned or frozen counterparts.

STEPS IN DRYING FRUITS

Apples--(Use varieties of good dessert or cooking quality. Mature but not soft.

Wash, peel, and core. Cut into slices or rings 1/8" to 1/4" thick, or into quarters or eights. To prevent browning during preparation, treat cut portions with an ascorbic acid solution (2½ tsp. of pure crystalline ascorbic acid in each 1 cup of cold water.)

Choose one pretreatment: ..Blanch in steam 10 minutes..Sulfur 30 to 60 minutes depending on size of pieces.

Arrange slices on trays not more than two layers deep. Under controlled conditions (oven) start at 130°F. Gradually increase to 165°F. Finish at 145°F; drying time approximately 6 hours in controlled heat. Dry until leathery, suede-like, and there is no moisture when cut and squeezed.

Cherries--Sort, wash, leave whole or stem and remove pit.

Choose one pretreatment: ..No further treatment necessary.. Check skins of whole cherries in boiling water 15 to 30 seconds, cool immediately, and remove moisture..Syrup-blanch.

Dry in single layers on trays. Under controlled conditions start at 120°F. Increase gradually to about 145°F. Reduce temperature near end if chance of scorching. Drying time up to 6 hours. Dry until leathery and slightly sticky.

Figs--Select fully ripe fruit. When not fully ripe, the sugar content is too low to produce a good dried product, and fruit may sour. Wash, or clean whole fruit with damp terry cloth. If small or partly dried on tree, leave whole. Otherwise, cut in half lengthwise.

Choose one pretreatment: ..Check skins of whole figs by dipping in boiling water for 30 to 45 seconds. Cool quickly, and remove excess moisture..Sulfur light colored varieties (like Kadotas) for 1 hour or more. Sulfuring is optional with others. (Black figs will turn a mottled color when sulfured.)..If cut, steam-blanch 20 minutes.. Syrup blanch.

Spread in single layers on trays. Under controlled conditions start at 115°F., increase to 145°F. after first hour. Reduce to about 130°F. when nearly dry. Stir or turn figs to keep from sticking. Drying time averages up to 5 hours for halves in controlled heat; about 3 days in the sun. Dry until leathery, with flesh pliable yet slightly sticky.

Grapes--Wash, and remove all defective fruit. Leave whole on stem; cut closely packed stems into small bunches; or, remove from stems.

Choose one pretreatment: ..No treatment necessary..Or, dip in boiling water 15 to 30 seconds to crack skins; then in cold water to cool immediately. Drain.

Under controlled conditions start at 120°F., increase gradually up to 150°F. Reduce temperature near end of drying, if necessary. Drying time averages up to 8 hours. Dry until pliable and leathery.

Peaches--(Any good table variety; freestones preferred. Ripe enough for eating but not dead ripe.)

Peel, cut in half and pit. Leave in halves or cut in quarters or slices. To prevent browning during preparation, treat with ascorbic acid solution as for apricots.

Choose one pretreatment: ..Steam-blanch halves 15 to 20 minutes, slices 5 to 7 minutes..Sulfur 1 to 2 hours, depending upon size of pieces. If steam-blanched before sulfuring, cut sulfuring time about half.

Arrange in single layers on trays, pit side up to retain juices. Turn over halves when visible juice disappears. For controlled heat drying, start at 125°F., increase gradually to 155°F. Reduce heat when nearly dry to prevent scorching. Drying time under controlled conditions averages up to 15 hours for halves and about 6 hours for slices. Dry until leathery and somewhat pliable. May be dried in sun heater.

Pears: (Bartlett is best for drying.)

Pare. Cut in half lengthwise and core. Cut in quarters or eights or slices 1/8" to 1/4" thick. To prevent browning during preparation, treat with ascorbic acid as for apricots.

Choose one pretreatment: ..Steam-blanch 5 to 20 minutes, depending upon size of pieces..Sulfur as for peaches..Syrup-blanch.

Spread in single layers on trays. Under controlled conditions start at 130°F., increase gradually to 150°F. after first hour. Reduce to 140°F. for last hour or when almost dry..Drying time under controlled conditions averages up to 15 hours for halves or 6 hours for slices. Dry until springy and suede-like; no moisture when cut and squeezed.

Prunes-Plums-- Dry whole if small. Otherwise, cut into halves (pit removed) or slices.

Choose one pretreatment: ..Dip whole fruit in boiling water 30 or more seconds to check skins. Cool and drain..Steam-blanch halves 15 minutes, slices 5 minutes..Sulfur whole fruit 2 hours..halves and slices 1 hour.

Dry like pears. Drying time under controlled conditions averages 6 to 8 hours for slices and halves; up to 14 hours for whole fruit. Dry until pliable and leathery; handful of pieces will spring apart after squeezing.

STEPS IN DRYING VEGETABLES

Beans--Lima--Shell.

Choose one pretreatment: ..Steam 10 to 15 minutes..Place in boiling water 5 minutes. Drain.

Spread on tray about 1/2" deep. Under controlled conditions start at 115°F., increase to 140°F. Stir frequently at beginning. Will dry in 6 to 10 hours in controlled heat. Dry until hard and brittle. Beans will break clean when broken.

Chili Peppers (Green)--To loosen skin, rotate pepper over flame or scald in boiling water. Peel, split pods, and remove seeds and stem.

Choose one pretreatment: ..No treatment necessary..Steam-blanch 10 minutes.

Under controlled conditions start at 120°F., increase to 150°F Reduce heat toward end. Dry until crisp and brittle.

Chili Peppers (Red)--Select mature pods. Wipe clean with damp cloth. String whole pods together with needle and cord, or suspend plants in bunches, root side up, where air can get to them.

No treatment necessary.

Drying time in controlled heat, 6 to 10 hours at 150°F.; in room temperature, several weeks. Dry until pods are shrunken, dark red, flexible.

Corn--(Any good table variety.) Select tender, sweet corn. Husk. Sort ears on basis of maturity because young corn requires longer blanching time. Cut from cob after blanching and cooling enough to handle.

Choose one pretreatment: ..Steam on the cob 10 to 15 minutes, or until milk is set.

Spread kernels 1/2" to 3/4" deep on trays. Under controlled conditions start at 130°F., increase to 165°F. Reduce to 140°F. when nearly dry. Stir frequently to prevent kernels from lumping together. Dry until hard and brittle-from 6 to 10 hours.

Onions--(Select pungent varieties.) Peel. Remove outer discolored layers. Cut uniform slices 1/8" to 1/4" thick.

No treatment necessary.

In controlled heat, dry 6 to 10 hours at 140°F. Dry until brittle and light colored. For onion powder crush slices after drying.

Peas--Select young, tender peas of a sweet variety. Shell.

Choose one pretreatment: ..Steam-blanch 8 to 10 minutes..Dip in boiling water 3 to 4 minutes.

Spread thinly on trays. Under controlled conditions start at 140°F., raise slowly to 160°F.. Dry until hard and shriveled; shatter when hit with a hammer.

Pumpkin (deep orange)
Squash (Hubbard) --Cut into strips about 1" wide. Peel off rind. Scrape off fiber and seeds. Cut peeled strips crosswise into pieces about 1/8" thick.

Choose one pretreatment: ..Steam-blanch until tender (about 6 minutes).

Arrange in thin layer on tray. Under controlled conditions start at 120°F. and increase to 150°F. Reduce to 130°F. when nearly dry. Dry until tough to brittle.

Herbs for Seasoning--Gather when leaves are mature but before flowers develop. Wash thoroughly, remove excess water.

No treatment necessary.

Hang small bundles of stems in warm, dry, airy place. (May be enclosed in large brown paper bag.)

Or: Dry leaves on a cookie sheet in a warm oven. Dry until leaves become brittle and crumble easily.

This information was taken from: "Drying Fruits and Vegetables at Home"--The North Carolina Agricultural Extension Service--Home Economics 191.

TO DRY CORN

Remove the husks and silk from the cob, score the corn down the center of each row of grains, then, with the back of the knife, press out all the pulp, leaving the hull on the cob. Spread the pulp on tin sheets or baking-pans, and dry in a very moderate oven. Watch carefully, or the corn will brown; stir three or four times while drying. If the oven is just right it will take about three hours to dry. When dry, put into bags and hang away in a cool, dry place.

TO COOK

Cover one pint of corn with warm water and stand it on the back part of the fire overnight. In the morning, if it has absorbed all the water, add more, and cook slowly two hours, or until you are ready to use; then add salt, pepper, a tablespoonful of butter, and a half-pint of cream.

This recipe was taken from: "Mrs. Rorer's Cook Book"

Drying was one of the main methods of preservation used long ago.

(1) There was a method of drying corn which produced a good product. Tender roasting ears were scalded, then cooled; then it was cut from the cob; one layer was put in a pan. It was dried near the cook stove; stored in a stack.

In the winter, 1 or 2 cups of dried corn was soaked, then cooked; seasoned with butter and cream; a little flour was put in a small bowl, with water, beaten and added as a thickening agent. It was delicious.

(2) Beans--Tender beans were gathered, washed and drained. Then a needle with heavy thread or light twine was used to string beans. They were hung on a nail or from a hook overhead, to dry.

Before using beans were usually soaked overnight, then cooked with a piece of seasoning meat, in a heavy black pot.

(3) Dried Sweet Potatoes--Sweet potatoes were scarce so all were used. The sweet potatoes were cooked, skins removed then sliced. A layer was all that could be dried in a pan.

In the winter enough dried potatoes for a meal were soaked, then cooked. When tender again sugar and butter and cream were added. If needed a little "thickening", a small amount of flour, in a bowl with water was prepared and added.

"Today there is a sweet potato Flake product on the market." Mountain people never dreamed of sweet potatoes as are grown here in Forsyth County.

(4) Dried pumpkins were good but didn't compare with the fresh product. The pieces were cut around, peeled then put on a pole which rested on two hooks away above the cook stove. In the winter pumpkin was soaked, cooked and used for pies; if needed and other things scarce it was cooked with a little meat, and used as a vegetable.

(5) Everyone dried apples; an unusual way to use was cooked apples with meat. Then dumplings were added, cooked, and served. Really good. Dumplings; a different way--3 cups flour, 4 tsps. baking powder, 1 tbsp. butter, cut through the flour in small bits, one egg beaten and just enough milk or water added to the dry ingredients, to make a soft dough; drop by spoonsful; add cooked dried apples--cook 15-20 minutes.

These recipes were taken from: "Cooking with the Pennsylvania Dutch"--published by The Aurand Press, Lancaster, Pennsylvania; "Favorite Recipes Old and New"--North Carolina State College, Raleigh, N. C.; "Pennsylvania Dutch Cookbook", "Fine Old Recipes"--made famous by the Early Dutch settlers in Pennsylvania--copyright 1960; "Culinary Arts Press", P. O. Box 1182, Reading, Pa.--This book has a little interesting history about early settlers.

Miscellaneous

.....just a few interesting items we dug up........

THE BEGINNER

She measured out the butter with a very solemn air
The milk and sugar also, and she took the greatest care.
To count the eggs correctly and to add a little bit of
baking powder
Which you know beginner oft omit.
Then she stirred it all together and baked it a full hour
But she never quite forgave herself for leaving out the flour.

Taken from: 1939 Yorkville,"Wisconsin Ladies Aid Cookbook"

Eva Rice, Broadbay

TO PRESERVE A HUSBAND

Be careful of your selection, do not choose too young. The only such varieties as have been raised in a good moral atmosphere. When once decided upon and selected, let that part remain forever settled and give your entire time and thought to preparation for domestic use. Some insist in keeping them in a pickle, while others are constantly keeping them in hot water; but even poor varieties may be made sweet, tender, and good, by garnishing with patience, well sweetened with smiles and flavored with kisses to taste. Wrap them in a mantle of charity, keep warm with a steady flow of devotion, and serve well with peaches and cream. When thus prepared, they will keep for years.

Jettie Fix, Lewisville I

COFFEE

Allow one large tablespoonful of coffee to one measured cup of water. Serve as soon as it boils. Coffee resting with the grounds in it assumes a bitter, unpleasant flavor that spoils even the most delicate variety.

TEA MAKING

It is impossible to have good tea unless freshly boiled water is used. There is a flat taste to tea made from water that has been boiled over half an hour. After the water comes to a boil, pour in enough to scald the teapot; then empty the water. Put in the tea leaves, and then the boiling water; cover the teapot, and allow it to stand five minutes before serving.

Those to be served may have different tastes, and some liking strong and others weak tea. In such cases make it strong enough for those who like it strong; then it may be weakened to suit the taste of others by adding water. This water should always be boiling hot.

LOCUST BEER

Gather locusts when they are ripe and before they begin to dry out. Break up and use to fill a stone crock. For a four-gallon crock use about a handful of dried apples or persimmons scattered in with the locusts for more flavor.

Cover with boiling water and let stand for three or four days in a warm place. It seems the addition of sugar is unnecessary.

Drink soon as it will not stand too long.

In some cases where the crock had a spout at its base through which the beer could be drawn out, a layer of straw was placed in the bottom of the crock. The straw acted as a filter for the liquid.

Ella Stewart, Broadbay

HOMEMADE YELLOW CHEESE

Heat 1 gallon clabber milk, stirring occasionally until it is just comfortable to the finger. Strain through cloth, being sure to remove as much whey as possible. Heat curd over boiling water with 1 egg, dash of salt and 1/4 tsp. soda, stirring occasionally, until smooth. For softer cheese, add a little cream. For harder cheese, add egg yolk alone. Be sure the cheese is thoroughly melted and blended before pouring into a mold. The cheese will not blend smoothly if there is too much whey left in the curd.

This was Jane Davidson's Grandmother's recipe.

CLABBER CHEESE

Put 1 gallon clabber on low heat and let come to 130°. Pour into clean white bag and drain well. Salt lightly and put a spoonful or two of cream in, if desired. Make into a ball or mold.

This was the recipe used by my grandmother, Mrs. Florella Davis Hall. Of course, she set the clabber on the back of the stove and tested it with her finger.

TO MAKE BUTTER

Warm the cream to a temperature of 56 or 58 degrees F., and it will churn in fifteen minutes. After the butter collects in the churn, take it out and stand it for a minute in a very cold place. Do not wash it, as in this way you rob it of certain elements necessary for its preservation. Work it continuously and thoroughly until all the buttermilk is out, adding two even teaspoons of very fine salt to each pound of butter, after you have worked it about five minutes. Make it at once into prints, and stand away in a cool place.

The Butter recipe was taken from: "Mrs. Rohrer's Cook Book".

Mrs. T. J. Robertson, Old Town

HOUSEHOLD MEASURES

Wheat flour, 1 lb. is 1 quart, butter when soft, 1 lb. is 1 pint; 10 eggs are 1 quart; 16 large tbsp. are half pint; 8 large tbsp. are 1 gill, 2 gills are half pint; 1 tbsp. is half a ounce; 60 drops are equal to a teaspoon.

Mrs. Carlos Conrad, Old Town

NASTURTIUM SANDWICHES

Wash the fresh flowers, and lay the petals in ice water for a few minutes. Spread the bread with mayonnaise, and place on a thick layer of the petals, or spread the petals on buttered slice. Scatter fresh blossoms and leaves loosely over the plate.

Jettie Fix, Lewisville I

SOAP

5 pounds lukewarm melted fat
1 can (pound) lye
1 qt. cold water
3 tsp. borax
1 tsp. salt
2 tbsp. sugar
1/2 cup cold water
1/4 cup ammonia

Fats that are not fit for food may be made into soap. Melt fat and strain through cheesecloth. Dissolve the lye in cold water and let stand til cool, then add the fat slowly, stirring constantly. Mix other ingredients together and add to first mixture. Stir until thick and light colored. Pour into a pan lined with cloth. Mark into pieces of desired size before the soap becomes hard. When hard, break pieces apart and pile in such a way that soap may dry out well.

This recipe was taken from: "Carolina Recipes"--Betty Freezor Cook Book.

MAKING SOAP AT HOME
Recycling Waste Into Something Useful

The habit of using and reusing every scrap of animal, mineral and vegetable matter until all was gone helped make our ancestors self-sufficient.

With the economy in less than a stable condition today, many people are returning to the habit of turning waste material into useful items.

Such is the case with making lye soap, bringing back memories of old three legged black wash pots filled with roughly measured quantities of waste fats, lye, water and borax.

To help jog memories that only recall the work and not the measurements of soap making, the U. S. Department of Agriculture has published the following directions and recipe for soap making at home.

MATERIALS

Fat. Waste fats from cooking and fats rendered from tallow and meat trimmings, as well as vegetable oils, may be used. The quality of the soap obtained depends on the kind and condition of the fat. A combination of tallow and lard makes the best soap. Poultry fat and vegetable oils should be combined with other fats, as soap made from them alone is soft and spongy. Waste fat should be clarified.

To clarify waste fat, melt it slowly, strain it through two thicknesses of cheesecloth, add an equal volume of hot water, stir well, and bring to a boil. Remove from the fire, and with constant stirring, add one quart of cold water. Set aside to cool. When firm, the clean fat on top is ready to make into soap.

Borax. The addition of borax is not necessary. It is sometimes used to improve the appearance and sudsing action of the soap.

Lye. Lye can be obtained at grocery stores. Care should be taken in dissolving it in water as the fumes are irritating and heat is generated. Avoid contact of the dry lye or the lye solution with the skin or clothing. If this occurs, wash well with clear water and rinse with diluted vinegar. Lye attacks aluminum. Hence, aluminum utensils can not be used in making soap.

Water. Soft, water (rain water) is best for making soap. If hard water must be used, add 1 to 2 tablespoons of lye per gallon, depending on the hardness of the water, and let it stand for two days until the hardness settles out.

EQUIPMENT

Enamel, iron, or earthenware containers must be used for dissolving the lye and for mixing the soap ingredients. Never use aluminum. Stir with a wooden paddle or with a wooden or enamel spoon. A dairy thermometer is convenient for measuring temperatures.

Molds for the soap may be made from cardboard or wooden boxes or shallow enamel pans. The soap is more easily removed if the mold is lined with waxed paper or with cotton cloth dipped in cold water and wrung dry.

SOAP RECIPE

To make about 9 pounds of soap:

6 pounds of clean fat (about 13 cups)
1/4 cup borax (optional)
1 can lye (13 ounces)
2½ pints soft water

To make one bar of soap:

1 cup clean fat
1 tsp. borax (optional)
5 tsp. lye
1/2 cup soft water

Directions: Weigh or measure the clarified fat, heat slowly until completely melted, and cool to approximately 110 degrees F. (slightly higher than blood). If borax is desired, it should be added to the fat at this point. Stir the fat occasionally during cooling to prevent crystals from forming. Meanwhile, dissolve the lye in the water and cool to about 85 degrees F. (luke-warm). Pour the lye solution into the fat in a thin, steady stream with slow, even stirring. Continue stirring until a thick honey-like texture is obtained. This should take from 10 to 20 minutes. IMPORTANT: Always add the lye solution slowly to the fat. Too rapid addition of the lye or too vigorous stirring may cause separation of the ingredients.

If the soap mixture does not become thick within half an hour and there is a greasy layer on top, perhaps it is too warm. In this case, set the container in cool water and keep stirring from the sides and bottom. On the other hand, if the mixture is lumpy, it may be too cold. Then set it in a pan of warm water and stir until the lumps disappear.

Pour the thickened soap mixture into prepared molds. Cover and keep warm for at least 24 hours. Remove the soap and cut it into bars. Before the soap is ready for use, the bars should age for about 2 weeks in a dry place.

If the soap is crumbly or has streaks of grease, it may be reclaimed as follows: Cut the soap into fine pieces, add water

(7 pints for the large recipe and 1 cup for the small) and dissolve over low heat. Stir occasionally. When the lumps have disappeared, increase the heat and boil until the soap appears thick. Pour into molds as above.

NOTE: After proper aging, soap carefully made according to the above directions may be used as a toilet soap. However, homemade soap will sometimes contain enough free alkali to be harmful to the skin and so is not generally recommended for toilet use. The soap may be perfumed and colored: if desired. The perfume oils and dyes, which are available at many drugstores, are added to the soap just before pouring into molds.

This recipe was taken from: "The Courier"--Thursday, February 27, 1975.

"RECEET" FOR WASHING CLOTHES

1. **Bild fire in backyard to het kettle of rain water.**
2. **Set tubs so smoke won't blow in eyes if wind is pert.**
3. **Shave one hole cake lie sope in bilin water.**
4. **Sort things. make 3 piles, 1 pile white, 1 pile cullord, 1 pile werk britches and rags.**
5. **Stur flour in cold water to smooth. then thin down with bilin water.**
6. **Rub dirty spots on board, scrub hard. then bile, rub cullord but don't bile--just rench and starch.**
7. **Take white things out of kettle with broomstick handel. then rench, blew and starch.**
8. **Spred tee towels on grass.**
9. **Hang old rags on fence.**
10. **Pore rench water in flower bed.**
11. **Scrub porch with hot, sopy water.**
12. **Turn tubs upside down.**
13. **Go put on cleen dress--smooth hair with side combs. Brew cup of tee--set and rest and rock a spell and COUNT BLESSINGS.**

OLD FASHIONED "CURES"

The old folks used to say that these were real cures. We're not making any claim but thought they might be interesting. **This information was taken from: "Drugless Health"-published around 1900.**

Suggestions

Salt

BURNS--Moistened salt, if applied to burns in time, will prevent blistering.

COUGH--Take a pinch of salt on retiring at night.

COLIC--A half a teacupful of cold water in which a teaspoonful of salt has been dissolved, taken at the commencement of the attack, is the most effectual remedy known.

DIARRHEA--Salt and cider vinegar will cure obstinate cases of chronic diarrhea.

HEART-BURN--Dissolve in the mouth a pinch of salt.

SORE THROAT--Use a gargle of salt water every hour until you get relief.

SPRAINS AND BRUISES--A strong solution of salt will give speedy relief.

TOOTHACHE--Pulverize and mix equal quantities of alum and salt. Place in the hollow tooth; keep in place with a small piece of cotton.

The Lemon

COLD AND COUGH--Roast a lemon until it begins to crack open; take a tablespoonful of the juice moistened with sugar before each meal and before retiring.

CORNS--A slice of a lemon bound over a corn and allowed to remain overnight seldom fails to remove the most painful and troublesome corn.

LIVER COMPLAINT--Take the juice of a lemon in hot water every morning.

SORE THROAT--Gargle the throat with lemon juice mixed with water.

Turpentine

COLDS--Turpentine and lard rubbed well on the chest will seldom fail to cure a bad cold, especially where there is a tightness about the chest.

WHOPPING COUGH--A whiff of turpentine will give relief from a paroxysm of coughing. This is a valuable remedy and should be remembered and used by all persons who have small children.

BURNS--A cloth saturated with kerosene and applied to burns will extract the fire more rapidly than any other remedy.

DIPHTHERIA--Swathing the throat with kerosene is a well known cure for diphtheria.

Vinegar

RHEUMATISM--A cloth wrung out of hot water and steeped in vinegar will give relief from suffering in severe cases of rheumatism.

A prescription that never fails and is worth its weight in gold. Will insure you good health. Equal parts: Plenty of pure air. Plenty of exercise. Plenty of pure water. Plenty of sleep. Directions: Take every day.

Antidotes for Poisons

GAS AND COAL GAS--Remove patient to air, use artificial respiration, apply heat to extremities; send for doctor.

HAIR OF CATERPILLAR--Apply cloths saturated with camphor. Don't rub.

HONEY, POISONOUS--Black coffee, smell of camphor, and rub with same.

IODINE--Starch, flour or arrowroot, mixed with water.

JIMSON WEED--Prompt emetic of mustard and salt--tablespoonful of each to pint of warm water, then stimulate with coffee or brandy.

HICCOUGH CURE FOR CHILDREN

Many children are subject to this distressing complaint. A lump of sugar saturated with vinegar and given to the little one to suck will relieve it instantly. This is the recipe of a French physician.

HICCOUGH CURE--NO. 2

Small pieces of ice applied suddenly, so as to surprise the patient, will stop persistent hiccoughing. Also hot drinks of weak coffee and milk taken frequently has the desired effect.

For swollen and bleeding gums rinse the mouth with a wine-glassful of warm water in which is placed about seven drops of myrrh. This will harden the gums and keep them from working off the teeth, which always gives them a bad appearance.

CRAMP IN THE LEG

A garter applied tightly around the limb affected will, in most cases, speedily remove the complaint. When it is more obstinate, a brick should be heated, wrapped in a flannel bag, and placed at the foot of the bed, against which the person troubled may place his feet. No remedy, however, is equal to that of diligent and long-continued friction.

CHOKING

To prevent choking, break an egg into a cup and give it to the person choking to swallow. The white of the egg seems to catch around the obstacle and remove it. If one egg does not answer the purpose try another. The white is all that is necessary.

NIGHTMARE

This is a complaint which comes when the sleep is disturbed. It is the dreaming of something horrible and the person feels that it is something from which he cannot escape but is the victim. He attempts to scream for help but usually his effort is in vain. Nervous and overworked people are especially subject to it. It is due to poor circulation. It is not only unpleasant but dangerous. The best remedy is to bathe each morning in cold water on arising, eat plain foods, little or no meat, tea or coffee, and breath deeply for fifteen minutes each night before retiring.

COUGH AND HOARSENSES REMEDY

Wrap a lemon in a wet piece of cotton batting and roast in ashes of open fire as you would a potato (15, 20 minutes). Take out, clip off one end, put cheesecloth over end of lemon and squeeze out juice. There will be four to five teaspoons juices. Mix with equal parts strained honey or three teaspoons granulated sugar. Let set on back of stove until sugar is dissolved. Take one to two teaspoons every hour or after spell of coughing. For a child, add more honey or sugar. Give 1/4 tsp. every 2 hours.

Lottie Seay, Jonestown

OLD FASHION REMEDIES

Sulphur and molasses for boils.
Brown paper soaked in vinegar for sprains.
Asafetida to keep away diseases by wearing around neck.
Calomel--a compound of chlorine and mercury used in medicine, taken spring and fall. Follow the next morning by epsom salts.

Mrs. Frank G. Crater, Pine Grove

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I pledge
allegiance
to the
Flag

the American
apple pie

Forgive us, Lord
for fussin' about
the price of meat
when there are those
who can't buy bread.

america
America!
God shed
His grace
on Thee.

good
old
Ameri-
can
know
how!